Delights

FOR

LADIES

To adorn their Perſons, Tables, Cloſets and Diſtillatories:

WITH

Beauties, Banquets, Perfumes and Waters.

Read, Practice, and Cenſure,

LONDON.
Printed by *william Dugard.*
1651.

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1653.

To all true Lovers of Art and Knowledge.

SOmetimes I write the forms of burning bals,
Supplying wants that were by wood-falls
Sometimes of tubs defended so by Art, (wrought.
As fire, in vain, hath their destruction sought.
Sometimes I write of lasting Beverage,
Great Neptune *and his Pilgrims to content:*
Sometimes of food, sweet, fresh, and durable,
To maintain life, when all things else were spent.
Sometimes I write of sundry sorts of Soyle,
which neither Ceres, *nor her Hand-maid knew.*
I write to all; but scarcely one believes, (true.
Save Dive *and* Denshire, *who have found them*
when heavens did mourn in cloudy mantles clad,
And threatning famine to the sons of men:
when sobbing earth deny'd her kindly fruit
To painfull Plow-men and his Hinds; even then
I write relieving remedies of death,
That Art might help where nature made a fail.

But all in vain; these new born Babes of Art,
In their untimely birth straight way do quail
Of those, or such like other new found skills,
with painfull Pen, I whilom wrote at large;
Expecting still my Countries good therein,
And not respecting Labor, Time, or Charge.
But now, my Pen and Paper are perfum'd,
I scorn to write with Coppresse or with Gall:
Barbaria's Canes are now become my quills:
Rose water is the Ink I write withall.
Of Sweets, the Sweetest I will now commend,
To sweetest Creatures that the earth doth bear:
These are the Saints to whom I sacrifice
Preserves and Conserves of the Plum and Pear.
Empaling now adieu: rush Marchpane walls
Are strong enough, and best befit our use.
Let piercing Bullets turn to Sugar Balls,
The Spanish fear is hush't, and all their rage.
Of Marmelade, and paste of Genua.
Of Musked Sugar I intend to write,
Of Leach, of Sucket, and Saddinia,
Affording to each Lady her delight.
I teach both Fruits and Flowers to Preserve,
And Candy them: so Nutmegs, Cloves, & Mace;
To make both Marchpane Paste & sug'red Plate,
And cast the same in forms of swee. st grace
Both Bird and Fowl, so moulded from the

And after tast in sweet compounds of Art,
As if the flesh and form which nature gave,
Did still remain in every Limb and Part.
When Christall frost hath nipt the tender Grape,
And eaten consum'd the Fruits of every Vine;
Yet here behold the clusters fresh and fair,
Fed from the Trench, or hanging on the Line.
The walnut, swell-Nut, and the Chesnut sweet,
whose sugr'ed Kernels lose their pleasant taste,
Are here from year to year preserved meet,
And made by Art, with strongest Fruits to last:
The Artichoke, and th' Apple of such strength,
The Quince, Pomegranate, with the Barberry,
No kind of use, yet colour, taste, and smell
Are here maintain'd and kept most naturally.
For Ladies Closets, and Distillatories, (Balls,
Both waters, Oyntments, and Sweet Smelling
In easie terms, without affected speech,
I here present most ready at their calls.
And lest with carefull Pen I should omit,
The wrongs that nature on their persons wrought,
Or parching Phœbus with his looser rayes,
For these likewise relieving means I sought.
No idle thoughts or vain surmised skill,
No fancie fram'd within a theorick Brain,
My Muse presents unto your sacred ears;
To win your favors fastly, I disdain.

From painfull practice, from experience,
I sound, though costly, misteries derive:
with fiery flames in scorching Vulcan's *forge,*
To Teach and finde each Secret I doe strive.
Accept them well, and let my Wearied Muse
Repose her self in Ladies laps a while;
So, when she wakes, she happy may record
Her sweetest Dreams in some more pleasing stile.

H. [illegible]AT.

Good Reader, for the understanding of this Table, know, that a, b, c, d, do give directions unto the four severall parts or Treatises of this Book: (a) for the first, the rest in their order.

The TABLE.

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FINIS.

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Y

YEch helped d. 25.

FINIS.

The Art of Preserving, Conserving, Candying, &c.

1. *How to preserve Eringo roots, Enula Campana, and so of others in the same manner.*

Seeth them till they be tender; then take away the pith of them, & leave them in a Colander, till they have dropped as much as they will: then having a thinn Sirup ready, put them, being cold, into the Sirup being also cold, and let them stand so three dayes, then boyl the Sirup (adding some more fresh Sirup to it, to supply that which the roots have drunk up) a little

little higher, and at three dayes end boyl the Sirup again without any new addition, unto the full height of a preserving Sirup, and put in your roots, and so keep them. Roots preserved in this manner, will eat very tender, because they never boyled in the Sirup.

2. *How to make Musk-Sugar of common Sugar.*

BRuise four or six grains of Musk, place them in a piece of Sarcenet, fine Lawn or Cambrick doubled: lay this in the bottome of a Gally-pot, strewing your Sugar thereon: stop your pot close, and all the Sugar in a few dayes will both scent and taste of Musk; and you may lay more Sugar thereon, when you have spent that Sugar, which will also receive the like impression. Such Musk-Sugar is sold for two shillings the pound.

3. *How*

3. *How to dry Roſe-leaves in a moſt excellent manner.*

WHen you have newly taken out your bread, then put in your Roſes in a Sieve, firſt clipping away the whites, that they may be all of one colour: lay them about one inch in thickneſſe in the Sieve; and when they have ſtood half an hour, or thereabout, they will grow whitiſh on the top: let them yet remain without ſtirring, till the uppermoſt of them bee fully dryed: then ſtir them together, and leave them about one other half hour; and if you finde them dry in the top, ſtirr them together again, and ſo continue this work untill they bee thorowly dryed; then put them, hot as they are, into an earthen pot, having a narrow mouth, and being well leaded within, (The Refiners of Gold and Silver call theſe pots Hookers) ſtop it with Cork and wet Parchment, or

with

with Wax and Rosin mixed together; and hang your pot in a Chimney, or neer a continuall fire, and so they will keep exceeding fair in colour, and most delicate in smell. And if you fear their relenting, take the Rose-leaves about Candlemas, and put them once again into a Sieve, stirring them up and down often till they be dry; and then put them up again hot into your pot.

Note, that you must set up your Oxen lid, but not late it about when you set in your Rose-leaves, either the first or second time. *Post numero 6.*

An most excellent Sirup of Violets, both in taste and tincture.

EXpresse the juice of cliped Violets, and to three parts of juice take one fourth part of conduit water, put the same into an Alablaster Morter, with the leaves which you have stamped, and wring the same out thorow a cloth, as you did at the first, into the other juice; put thereto a sufficient proportion of the finest Sugar

gar and brought also into a most fine powder: let the same stand ten or twelve hours in a clean glased earthen Pan: then drain away the clearest, and put it into a glasse, and put thereto a few drops of the juice of Lemmons, and it will become clear, transparent, and of the Violet colour. Then you may presse more juice into the Sugar, which will settle in the botrome with some of the thickest part of the juice: and beating the same upon a gentle fire it will also become a good Syrup of Violets, but not comparable to the first. By this manner of work you gain one quarter of Syrup more than divers Apothecaries doe.

5. *A singular manner of making the Syrup of Roses.*

FIll a silver Bason three quarters full of Rain-water or Rose-water; put therein a convenient proportion

of Roſe leaves : cover the baſon, and ſet it upon a pot of hot water (as wee uſually bake a cuſtard : in three quarters of an hour, or one whole houre at the moſt, you ſhall purchaſe the whole ſtrength and tincture of the Roſe : then take out thoſe leaves, wringing out all ther liquor gently, and ſteep more freſh leaves in the ſame water : continue this iteration ſeven times, and then make it up in a ſyrup, and this ſyrup worketh more kindly then that which is made meerly of the juice of the Roſe. You may make ſundry other ſyrups in this manner. *Quere* of hanging a pewter head over the baſon, if the aſcending water will be worth the keeping.

6. *Another way for the drying of Roſe leaves.*

DRy them in the heat of an hot ſunny day upon a Leads, turning them

them up and downe till they be dry, (as they doe hay) then put them up into glaſſes well ſtopt and luted, keeping your glaſſes in warme places, and thus you may keep all flowers: but herbs after they are dyred in this manner, are beſt kept in paper bags, placing the bags in cloſe cupbards.

7. *How to preſerve whole Roſes Gilliflowers, Marigolds. &c.*

DIp a Roſe that is neither in the bud, nor over blown, in a ſyrup conſiſting of ſugar double refined, & Roſe water boyled to his full hight, then open the leaves, one by one, with a fine ſmooth bodkin, either of bone or wood, and preſently, if it be a hot ſunny day, and whileſt the Sun is in ſome good height, lay them on papers in the Sun, or elſe dry them with ſome gentle heat in

a close room, heating the room before you set them in, or in an Oven upon papers in pewter dishes: and then put them up in glasses, and keep them in dry Cupboards neer the fire. You must take out the seeds, if you mean to eat them. You may prove this, preserving with Sugar-Candy in stead of Sugar, if you please.

8. *The most kindly way to Preserve Plums, Cherries, Gooseberries, &c.*

YOu must first purchase some reasonable quantity of their own juice, with a gentle heat upon embers, in pewter dishes, dividing the juice still as it cometh in the stewing: then boyl each fruit in his own juice, with a convenient proportion of the best refined Sugar.

9 *How to candy Roſemary flowers, Roſe leaves, Roſes, Marigolds, &c. with preſervation of colour.*

DIſſolve refined or double refined ſugar, or ſugar-candy it ſelf, in a little Roſe-water: boil it to a reſonable height: put in your roots or flowers when your ſyrup is either fully cold, or almoſt cold; let them reſt therein till the ſyrup have pierced them ſufficiently: then take out your flowers with a Skimmer, ſuffering the looſe ſyrup to run from them ſo long as it will, boyl that ſyrup a little more, and put in more flowers, as before; divide them alſo: then boyl all the ſyrup which remaineth, and is not drunk up in the flowers, to the height of *Manus Chriſti*, putting in more ſugar, if you ſee cauſe, but no more Roſe water; put your flowers therein when your ſyrup is cold, or almoſt cold, and let them ſtand till they candie.

10. *A most delicate and stiffe sugar-paste, whereof to cast Rabbets, Pigeons, or any other little bird or beast, either from the life, or carv'd molds.*

FIrst, dissolve Isinglasse in fair water, or with some Rose water in the latter end, then beat blanched Almonds, as you would for Marchpane stuffe, and draw the same with cream and Rose water (milk will serve, but cream is more delicate) then put therein some powdered sugar, into which you may dissolve your Isinglasse, being first made into gelly, in fair warm water (note, the more Isinglasse you put therein, the stiffer your work will prove), then having your Rabbets, Woodcocks, &c. moulded either in plaister from life, or else carved in wood (first anointing your wooden moulds with oyle of sweet Almonds, and your plaister or stone moulds with barrowes grease) pour your sugar paste thereon.

A

A quart of Cream, a quartern of Almonds, two ounces of Iſinglaſſe, and four or ſix ounces of Sugar is a reaſonable good proportion for this ſtuffe. *Quære* of moulding your Birds, Rabbets, &c. in the compound Wax, mentioned in my *Jewell-Houſe*, in the title of the *Art of Moulding and Caſting*, page 60. for ſo your Moulds will laſt long.

You may dredg over your Fowl with crums of bread, Cinamon and Sugar boyled together, and ſo they will ſeem as if they were roaſted and breaded. Leach and Gelly may bee caſt in this manner.

This Paſte you may alſo drive with a fine rowling Pin, as ſmooth and as thinn as you pleaſe. It laſteth not long; and therefore it muſt bee eaten within a few dayes after the making thereof. By this means a Banquet may bee preſented in the form of a Supper, being a very rare and ſtrange device.

11. *To Candy Marigolds, Roses, Borrage, or Rosemary Flowers.*

BOyl Sugar and Rose-water a little upon a Chafing-dish with coals: then put the Flowers (being thorowly dryed, either by the Sun, or on the fire) into the Sugar, and boyl them a little: then strew the powder of double refined sugar upon them, and turn them, and let them boyl a little longer, taking the dish from the fire: then strew more powdered Sugar on the contrary side of the Flowers. These will dry of themselves in two or three hours in a hot sunny day, though they lie not in the Sun.

12. *To make an excellent Marchpane Paste to print off in Moulds for Banqueting Dishes.*

TAke to every Jordan Almond blanched, three spoonfulls of the

the whiteſt refined ſugar you can get ſearce your ſugar; and now and then, as you ſee cauſe, put in two or three drops of Dammask Roſe water, beat the ſame in a ſmooth ſtone Morter, with great labour, untill you have brought it into a dry ſtiffe paſte; one quartern of ſugar is ſufficient to work at once.

Make your paſte in little bals, every ball containing ſo much by eſtimation as will cover your mould or print; then rowl the ſame with a rowling pin upon a ſheet of clean paper, without ſtrewing any powdered ſugar either upon your paſte or paper.

There is a Country gentle woman, whom I could name, which venteth great ſtore of Sugar cakes made of this compoſition. But the only fault which I finde in this paſte, is, that it taſteth too much of the ſugar, and too little of the Almonds; and therefore you may prove the making thereof by ſuch Almonds

which have had some part of their oyl taken from them by expression, before you incorporate them with the Sugar; and so haply you may mix a greater quantity of them with the Sugar, because they are not so oyly as the other.

You may mix Cinamon or Ginger in your paste, and that will both grace the taste, and alter the colour; but the spice must passe through a faire Searce. You may steep your Almonds in cold water all night, and so blanch them cold: And being blanched, dry them in a Sive over the fire. Here the garble of Almonds will make a cheap paste.

83. *The making of Sugar Plate, and Casting thereof in Carved Moulds.*

TAke one pound of the whitest refined, or double refined Sugar, if you can get it; put thereto three ounces (some Comfit-makers put

put six ounces for more gain) of the best Starch you can buy; and if you dry the Sugar after it is powdered, it will the sooner passe thorow your Lawne Searce. Then Searce it, and lay the same on a heap in the midst of a sheet of clean paper, in the middle of which masse put a pretty lump of the bignesse of a Walnut of Gumm Dragagant, first steeped in Rose-water one night: a Porrenger full of Rose-water is sufficient to dissolve an ounce of Gumm (which must first bee well picked, leaving out the drosse,) remember to strain the Gumm through a Canvas; then having mixed some of the white of an Egg with your strained Gumm, temper it with the Sugar betwixt your fingers by little and little, till you have wrought up all the Sugar and the Gumm together into a stiffe Paste; and in the tempering, let there bee alwaies some of the Sugar between your fingers and the Gumm; then dust your

our woodden moulds a little with ſome of that powdered ſugar thorow a peece of Lawne, or fine linnen cloth: and having driven out with your rowling pin a ſufficient portion of your paſte to a convenient thickneſſe, cover your mould therewith, preſſing the ſame downe into every hollow part of your mould with your fingers: and when it hath taken the whole impreſſion, knock the mould on the edge againſt a table, and the paſte will iſſue forth with the impreſſion of the mould upon it: or, if the mould be deep cut, you may put the point of your knife gently into the deepeſt parts here and there, lifting up by little and little the paſte out of the mould.

And if in the making of this paſte you happen to put in too much gum, you may put more ſugar thereto: and if too much ſugar, then more gum; you muſt alſo work this paſte into your moulds as ſpeedily as you can

can after it is once made, and before it harden; and if it grow ſo hard that it crack, mixe more gum therewith; cut away with your knife from the edges of your paſte, all thoſe peeces which have no part of the worke upon them, and worke them up with the paſte which remaineth; and if you will make ſawcers, diſhes bowles, &c. then (having firſt driven your paſte upon paper, firſt duſted over with ſugar, to a convenient largneſſe and thickneſſe) put the paſte into ſome Sawcer, Diſh, or Bowle of a good faſhion, and with your finger preſſe it gently downe to the inſides thereof, till it reſemble the ſhape of the diſh; then pare away the edges with a knife even with the skirt of your Diſh or Sawcer, and ſet it againſt the fire, till it be dry on the inſide: then with a knife get it out, as they uſe to doo a Diſh of Butter, and dry the back-ſide: then gild it on the edge with the white of an egge laid round

about

about the brim of the diſh with a pencill, and preſſe the gold down with ſome Cotten: and when it is dry, skew or bruſh off the gold with the foot of an Hare or Cony. And if you would have your Paſte exceeding ſmooth, as to make Cards, and ſuch like conceits thereof, then roul your Paſte upon ſlicked paper with a ſmooth and poliſhed rouling pin.

14. *A way to make Sugar plate both of colour and taſte of any Flower.*

BEat Violets in a Morter with a little hard Sugar, then put into it a ſufficient quantity of Roſe-water; then lay your Gumm in ſteep, in the water, and ſo work it into Paſte; and ſo will your Paſte bee both of the colour, and ſmell of the Violet. In like ſort may you work with Marigolds, Cowſlips, Primroſes, Bugloſſe, or any other Flower.

15. *To*

15. *To make Paste of Novie.*

OF Valentian Almonds, otherwise called the small Almonds, take a quarter of a pound, or Barbary Almonds; and beat them in a Morter till they come to Paste: then take stale Manchet being grated, and dry it before the fire in a dish; then sift it; then beat it with your Almonds: put, in the beating of it, a little Cinamon, Ginger, and the juice of a Lemmon: And when it is beaten to perfect paste, print it with your Moulds, and so dry it in an Oven after you have drawn your bread. This Paste will last all the yeare.

16. *To make Jumbols.*

OF Almonds being beaten to paste take half a pound, with a short Cake being grated, and two Eggs, two ounces of Carroway-seeds, being beaten

beaten, and the juice of a Lemmon; and being brought into paſte, roule it into round ſtrings: then caſte it into knots, and ſo bake it in an Oven: and when they are baked, Ice them with Roſe water and Sugar, and the white of an egge being beaten together, then take a feather and gild them, then put them againe into the Oven, and let them ſtand in a little while, and they will be iced cleane over with a white ice; and ſo box them up, and you may keep them all the yeare.

17. *To make a paſte to keep you moiſt. if you liſt not to drink oft; which Ladies uſe to carry with them when they ride abroad.*

OF Damask Prunes take half a pound, and a quartern of Dates, ſtone them both, and beat them in a Morter with one Warden being roaſted, or elſe a ſlice of old Marme-

lade:

lade; and ſo print it in your moulds, and dry it after you have drawn bread: put Ginger unto it, and you may ſerve it in a Banquet.

18 *To make a Marchpane.*

OF Almonds (being blanched and dryed in a Sive over the fire) take two pound; beat them in a ſtone Morter: and when they bee ſmall, mix them with two pound of Sugar being finely beaten, adding two or three ſpoonfulls of Roſe-water, and that will keep your Almonds from oyling. When your paſte is beaten fine, drive it thinn with a rouling Pin, and ſo lay it in a bottom of Wafers: then raiſe up a little edge on the ſide, and ſo bake it; then ice it with Roſe-water and Sugar: then put it into the Oven again: and when you ſee your ice is riſen up and dry, then take it out of the Oven, and garniſh it with

with pretty conceits, as Birds and Beasts, being cast out of standing Moulds. Stick long Combs upright in it: cast Biskets and Carrowaies in it, and so serve it; gild it before you serve it. You may also print off this Marchpane Paste in your Moulds for banqueting dishes: And of this Paste our Comfit-makers at this day make their Letters, Knots, Marks, Escutcheons, Beasts, Birds, and other fancies.

19. *To make Buket-bread, otherwise called French Buket.*

OF fine flower take half a Peck, two ounces of Coriander seeds, one ounce of Anniseeds, the whites of four Eggs, half a pint of Ale-yest, and as much water as will make it up into stiffe paste; your water must be but blood warm, then bake it in a long roul as big as your thigh: let it stay in the Oven but one hour, and when it is a day old pare it, and slice it

it overthwart, then Sugar it over with fine powdered Sugar, and so dry it in an Oven again; and being dry, take it out, and Sugar it again; then box it, and you may keep it all the yeare.

20. *To make Prince Bisket.*

OF very fine Flower take one pound, and one pound of fine Sugar, and eight Eggs, and two spoonfulls of Rose water, and one ounce of Carroway-seeds; and beat it all to Batter one whole hour; for the more you beat it, the better your bread is; then bake it in Coffins of white plate, being basted with a little butter before you put in your Batter, and so keep it.

21. *To make another kind of Bisket, called Biskettello.*

TAke half an ounce of Gumm Dragagant, dissolved in Rose-water

Rose water with the juice of a Lemmon, and two graines of Musk: then strain it thorow a fair linnen cloth, with the white of an egg: then take half a pound of fine sugar being beaten and one ounce of Carroway-seeds, being also beaten and searced: and then beat them altogether in a Morter till they come to paste; then roule them up in small loaves about the bignesse of a small egge, put under the bottome of every one a peece of a wafer, and so bake them in an Oven upon a sheet of paper: cut them on the sides as you doe a Manchet, and prick them in the middest: when you break them up, they will be hollow and full of eyes.

22. *To make Ginger bread.*

GRrate three stale Manchets, and dry them, and sift them thorow a fine Sive; then add unto

unto them one ounce of Ginger, being beaten, and as much Cinamon, one ounce of Liquorice and Anniseeds beaten together, and searced half a pound of Sugar: then boyl all these together in a Posnet, with a quart of Claret Wine, till they come to a stiffe Paste, with often stirring of it, and when it is stiffe, mould it on a table, and so drive it thinn, and put it into your mould: dust your moulds with Cinamon, Ginger, and Liquorice, being mixed together in fine powder. This is your Ginger-bread used at the Court, and in all Gentlemens houses at Festivall times. It is otherwise called dry Leach.

23. *To make dry Ginger-bread.*

OF Almonds take half a pound, and as much grated Cake and a pound of fine Sugar, and the yolks of two new laid Eggs, the juice of a Lemmon

Lemmon, and two graines of Muske, beat all these together till they come to a paste: then print it with your moulds: and so dry it upon papers in an oven after your bread is drawn.

24. *To make puffe-paste.*

TAke a quart of the finest flower, and the whites of three egs, and the yolks of two, and a little cold water, and so make it into perfect paste: then drive it with a rowling pin abroad, then put on small peeces of butter, as big as nuts, upon it: then fold it over; then drive it abroad again; then put small peeces of butter upon it as you did before, doe this ten times alwayes folding the paste, and putting butter between every fold. You may convey any pretty forced dish, as Florentine, Cherry-tart, Rice, or Pippins, &c. between two sheets of that paste.

25. To

25. *To make paſte ſhort without butter.*

OF fine flower take a quart, and put it into a pipkin, and bake it in an oven when you bake Mancher; then take the yolks of two or three egs, and a pint of cream, and make paſte; put into it two ounces of ſugar being finely beaten, and ſo you ſhall make your paſte ſhort without butter or ſuet. In like ſort, when you make ſugar-cakes, bake your flower firſt.

26. *To make cryſtall gelly.*

TAke a knockle of Veal, and two Calves feet (your Calves feet being flayed and ſcalded) and boyle them in fair ſpring water; and when they are boyled, ready to eat, you may ſave your fleſh, and not boyle it to peeces; for if you doe ſo, the gelly will looke thick: then take a quart of the cleereſt

of

of the ſame broth, and put it into a Poſnet, adding thereunto Ginger, white Pepper, ſix whole Cloves, one Nutmeg quartered, one grain of Muſk; put all theſe whole ſpices in a little bagg, and boyl them in your gelly; ſeaſon it with four ounces of Sugar-Candy, and three ſpoonfulls of Roſe-water; ſo let it run thorow your gelly bagg; and if you mean to have it look of an amber colour, bruiſe your ſpices, and let them boyl in your gelly looſe.

27. *To make Leach of Almonds.*

OF ſweet Almonds take half a pound, and beat them in a Morter; then ſtrain them with a pinte of ſweet Milk from the Cow; then put to it one grain of Muſk, two ſpoonfulls of Roſe-water, two ounces of fine Sugar, the weight of three whole ſhillings of Iſinglaſſe that is very white, and

and ſo boyl them: then let all run through a ſtrainer, then you may ſlice the ſame, and ſo ſerve it.

28. *To make Quodinia of Quinces.*

TAke the kernells out of eight great Quinces, and boyl them in a quart of ſpring water till it come to a pinte; then put into it a quarter of a pinte of Roſe water, and one pound of fine Sugar, and ſo let it boyl till you ſee it come to bee of a deep colour; then take a drop, and drop it on the bottome of a Sawcer, and if it ſtand take it off; then let it runn through a Gelly-bagg into a Baſon: then ſet on your Baſon upon a Chafing-diſh of coals to keep it warm; then take a ſpoon, and fill your boxes as full as you pleaſe, and when they bee cold, cover them: and if you pleaſe to print it in Moulds, you muſt have Moulds made to the bigneſſe of your box, and wet your Moulds with Roſe-water, and ſo let

it runn into your Mould; and when it is cold, turn it off into your boxes: If you wet your Moulds with water, your gelly will fall out of them.

29. *To make Gelly of Strawberries, Mulberries, Raspis-berries, or any such tender Fruit.*

TAke your Berries, and grind them in an Alablaster Morter with four ounces of Sugar, and a quarter of a pinte of fair water, and as much Rose-water, and so boyl it in a Posnet with a little peece of Isinglasse, and let it runn through a fine cloth into your Boxes, and so you may keep it all the yeare.

30. *To make Paste of Genua of Quinces.*

TAke Quinces, and pare them, and cut them in slices, and bake them

them in an Oven dry in an earthen pot, without any other juice then their own; then take one pound thereof, strain it, and put it into a stone Morter with half a pound of Sugar; and when you have beaten it up to paste, print it in your moulds, and dry it three or four times in an Oven after you have drawn bread, and when it is thorowly dry and hardened, you may box it, and it will keep all the yeare.

31. *To make Marmelade of Quinces. or Damsons.*

WHen you have boyled your Quinces or Damsons sufficiently, strain them; then dry the pulp in a pan on the fire, and when you see there is no water in it, but that it beginneth to be stiffe, then put two pound of Sugar with three pound of pulp: This Marmelade will be white Marmelade. And if you desire to have it looke with

an high colour : put your Sugar and Pulp together so soon as your Pulp is drawn, and let them both boyl together, and so it will look of the colour of ordinary Marmelade, like unto a stewed Warden ; but if you drie your Pulp first, it will look white, and take lesse Sugar : and you shall know when it is thick enough by putting a little into a Sawcer, letting it cool before you box it.

32. *To make Sucket of Lettuce stalks.*

TAke Lettuce stalks, and pill away the out sides ; then parboyl them in fair water ; then let them stand all night dry, then take half a pint of the same liquor, and a quarter of a pint of Rose-water and so boyl it to syrup ; and when your syrup is betwixt hot and cold, put in your foresaid roots, and let them stand all night in your syrup to make them take sugar, and then the next day you

syrup

Syrup will be weak again: then boyl it again, and take out your roots. In the like sort you may keep Orenge pills, or green Walnuts, or any thing that hath the bitternesse first taken from it by boyling in water.

33. *To Candy Nutmegs or Ginger, with an hard rock Candy.*

OF fine Sugar take one pound, and eight spoonfulls of Rose water, and the weight of six-pence of Gumm Aribique that is cleer, boyl them together to such an height, as that dropping some thereof out of a spoon, the Syrup doe rope and runn into the smallnesse of an hair: then put it into an earthen Pipkin, wherein place your Nutmegs, Ginger, or such like: then stop it close with a Sawcer, and lute it well with clay, that no aire may enter: then keep it in an hot place three weeks, and it will candy hard.

You must break your pot with an hammer, for otherwise you cannot get out your candie. You may also candie Orenges or Lemmons in like sort, if you please.

34 *To preserve Orenges after the Portugall fashion.*

TAke Orenges, and core them on the side, and lay them in water; then boil them in fair water till they be tender; shift them in the boiling to take away their bitternesse, then take Sugar, and boil it to the height of syrup, as much as will cover them, and so put your Orenges into it, and that will make them take Sugar. If you have 24 Orenges, beat eight of them till they come to paste, with a pound of fine Sugar; then fill every one of the other Orenges with the same, and so boil them again in your syrup; then there will be Marmelade of Orenges within your Orenges, and it will eat like an hard egge.

35. To

35. *To candy Orenge pils.*

TAke your Orenge pils after they be preserved; then take fine sugar and Rose water, and boyl it to the height of *Manus Christi*; then draw thorow your sugar, then lay them on the bottome of a sieve, and dry them in an Oven after you have drawn bread, and they will be candied.

36. *To preserve Cowcumbers all the yeare.*

YOu may take a gallon of fair water, and a pottle of verjuice, and a pint of bay salt, and an handfull of green Fennell or Dill: boyl it a little, and when it is cold, put it into a barrell, and then put your Cowcumbers into that pickle, and you shall keep them all the year.

37. *To Preserve Broom-Capers all the yeer.*

BOyl a quart of Verjuice, and an handfull of Bay-salt, and there in you may keep them all the yeare.

38. *To colour Sugar-Plate with severall colours.*

YOu may mixe Roses with your fine searced Sugar untill the colour please you, and so shall you have a fair murry colour. Sap-green must bee tempered in a little Rose-water, having some Gumm first dissolved therein, and so lay it on with a pensill upon your paste in apt places: With Saffron you may make a yellow colour in the like manner, first drying and powdering your Saffron; and after it hath coloured the Rose-water sufficiently, by straining it through fine Linnen. The powder of Cinamon maketh a Wallnut colour, and

and Ginger and Cinamon together a lighter colour.

39. *To make Troſſes for the Sea.*

FIRST make Paſte of Sugar and Gum-dragagant mixed together, then mix thereſewith a reaſonable quantity of the powder of Cinamon and Ginger; and if you pleaſe a little Muſk alſo, and make it up into rouls of ſeverall faſhions, gilding them here and there. In the ſame manner you may alſo convey any purgative vomit, or other Medicine into your ſugar Paſte.

40. *To make Paſte of Violets, Roſes, Marigolds, Cowſlips, or Liquorice.*

SHred, or rather powder the drie leaves of your Flower, putting thereunto ſome fine powder of Ginger and Cinamon, and a little Muſk, if you pleaſe, mix them all

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confusedly together : then dissolve some sugar in Rose water, and being boiled a little, put some Saffron therein if you work upon Marigolds, or else you may leave out your Saffron ; boil it on the fire unto a sufficient height. You must also mixe therewith the pap of a roasted apple, being first well dryed in a dish over a chassing dish of coales ; then poure it upon a trencher, being first sprinkled over with Rose water, and with a knife work the paste together. Then break some Sugar candie small, but not to powder, and with Gumme Dragagant fasten it heere and there, to make it seem as if it were roch Candied ; cut the paste into peeces of what fashion you list, with a knife first wet in Rose water. In Liquorice paste you must leave out the pap of the pippen, and then work your paste into dry roules. Remember to searce the Liquorice thorow a fine searce. These rouls

are

are very good against any cough or cold.

42. *To make Marmelade of Lemmons or Oranges.*

BOyl ten Lemmons or Orenges, with half a dozen Pippins, and so draw them thorow a strainer: then take so much sugar as the pulp doth weigh, and boyl it as you do Marmelade of Quinces, and then box it up.

42. *How to candie Nutmegs, Ginger, Mace, and flowers in half a day, with hard or Roch candie.*

LAy your Nutmegs in steepe in common lee made with ordinary ashes, twenty four hours; take them out, and boyl them in fair water till they be tender, and so take out the lee; then dry them, and make a syrup of double refined Sugar, and a little Rose water, to the height of

of a *Manus Christi*: place this Sirup in a gentle balneo, or some small heat, putting your Nutmegs into the Syrup. Note that you must skum the Sugar as it casteth any skumm, before you put in your Nutmegs; then having Sugar-Candy first bruised grossely, and searced through Colanders of severall bigneſſe, take the smallest thereof, and roul your Nutmegs up and down therein, either in a dish, or upon clean paper: then stove your Nutmegs in a Cupboard with a Chafing-dish of coals, which must bee made hot of purpose, before you set them in: and when they are drie enough, dip them again in fresh Syrup boyled to his height, as before, and roul them in the grosser Sugar-Candy, and then stove them again till they bee hard, and so the third time, if you will increase their Candy. Note, that you must spend all the Sug. which you dissolve at one time with Candying of one thing or other

 therein

therein preſently. The ſtronger that your Lee is, the better; and the Nutmeg, Ginger, &c. will lie in ſteep in the Lee ten or twelve dayes, and after in the Syrup of Sugar in a Stove or Cupboard, with a Chafing-diſh and coals one whole week, and then you may Candy them ſuddenly, as before. Flowers and Fruits are done preſently, without any ſuch ſteeping or ſtoving, as before: only they muſt bee put into the Stove after they are coated, with your powdered Sugar-Candy. And thoſe Flowers or Fruits, as they are ſuddainly done, ſo they will not laſt above two or three dayes fair; and therefore only to bee prepared for ſome ſet Banquet.

34. *Caſting of Sugar in party Moulds of wood.*

LAY your Moulds in fair water three or foure houres before you

you caſt, then dry up your inward moiſture with a cloth of linnen, then boyl Roſe water and refined ſugar together, but not to any great ſtiffeneſſe; then pour it into your moulds: let your moulds ſtand one hour, and then gently part or open the moulds, and take out that which you have caſt. You may alſo work the paſte *ſicut ante numero* 12. 13. into theſe moulds, firſt printing or preſſing gently a little of the paſte into the one half, and after with a knife, taking away the ſuperfluous edge, and ſo likewiſe of the other half: then preſſe both ſides of the mould together two or three times, and after take away the creſt that will ariſe in the midſt. And to make the ſides to cleave together, you may touch them firſt over with Gum dragagant diſſolved, before you preſſe the ſides of the mould together. Note, that you may convey Comfits within, before you cloſe the ſides. You may caſt oft any of theſe mixtures or paſtes

pastes in Alablaster moulds, moulded from the life.

44 *To mould off a Limon, Orenge, Pear, Nut, &c. and after to cast it hollow within of Sugar.*

FIll a wooden platter half full of sand, then presse down a Lemmon, Pear, &c. therein, to the just half thereof; then temper some burnt Alablaster with fair water, in a Stone or Copper dish of the bignesse of a great Silver boul, and cast this pap in your sand, and from thence clap it upon the Lemmon, Peare, &c. pressing the pap close unto it. Then after a while take out this half part with the Lemmon in it, and pare it even in the insides, as neer as you can, to make it resemble the just half of your Lemmon, then make two or three little holes in the half (viz. in the ledges thereof) laying it down in the sand again, and so cast

caſt another half unto it, then cut off a peece of the top of both your party Moulds, and caſt thereto another cap, in like manner as you did before. Keep theſe three pares bound together with tape, till you have cauſe to uſe them: and before you caſt, lay them alwaies in water, and dry up the water again before you pour in the Sugar. Colour your Lemmon with a little Saffron ſteeped in Roſe-water. Uſe your Sugar in this manner: Boyl refined, or rather double refined Sugar and Roſe-water to his full height, *viz.* till by pouring ſome out of a ſpoon, it will runn at the laſt as fine as a hair; then taking off the cap of your Mould, pour the ſame therein, filling up the Mould above the hole, and preſently clap on the cap, and preſſe it down upon the Sugar; then ſwing it up and down in your hand, turning it round, and bringing the neather part ſometimes to bee the upper part in the turning; and *è converſo*. This

is

is the manner of using an Orange, Lemmon, or other round Mould. but if it be long, as a Piggs foot will bee, being moulded, then roul it, and turn it up and down long wayes in the aire.

45. *How to keep the dry Pulp of Cherries, Prunes, Damsens, &c. all the yeare.*

YOu may take of those kind of Cherries that are sharp in taste, (*Quare* if the common black and red Cherry will not also serve, having in the end of the decoction a little oyle of Vitriol, or Sulphur, or some Verjuice of sower Grapes, or juice of Lemmons mixed therewith, to give a sufficient tartnesse:) pull off their stalks, and boyl them by themselves without the addition of any liquor, in a Caldron or Pipkin; and when they begin once to boyl in their own

own juice, ſtir them hard at the bottom with a ſpattle, leaſt they burn to the pans bottom. They have boyled ſufficiently when they have caſt off all their skins, and that the pulp and ſubſtance of the Cherries is grown to a thick pap: then take it from the fire, and let it cool; then divide the ſtones and skins by paſſing the pulp only thorow the bottome of a ſtrainer reſerved, as they uſe in *Caſſia fiſtula*; then take this pulp and ſpread it thin upon glazed ſtones or diſhes, and ſo let it drie in the Sun, or elſe in an Oven preſently after you have drawn your bread: then looſe it from the ſtone or diſh, and keep it to provoke the appetite, and to cool the ſtomack in Fevers, and all other hot diſeaſes. Prove the ſame in all manner of fruit. If you feare aduſtion in this worke, you may finiſh it in hot balneo.

46 How to dry all manner of Plums or Cherries in the Sun.

IF it be ſmall fruit, you muſt dry them whole, by laying them abroad in the hot Sun, in Stone or Pewter diſhes, on Iron or Braſſe pans, turning them as you ſhall ſee cauſe. But if the Plums be of any largeneſſe, ſlit each Plum on the one ſide, from the top to the bottome; and then lay them abroad in the Sun: but if they be of the biggeſt ſort, then give every Plum a ſlit on each ſide; and if the Sun do not ſhine ſufficiently during the practice, then dry them in an Oven that is temperately warme.

47 How to keep Apples, Peares, Quinces, wardens, &c. all the yeare dry.

PAre them, take out the coars, and ſlice them in thin ſlices, laying

laying them to dry in the Sunn, in ſome ſtone or metalline diſhes, or upon a high frame covered with courſe Canvas, now and then turning them; and ſo they will keep all the yeare.

48. *To make green Ginger upon Syrup.*

OF Ginger take one pound, pare it clean, ſteep it in red Wine and Vinegar equally mixed, let it ſtand ſo twelve dayes in a cloſe veſſell, and every day once or twice ſtirr it up and down: then take of Wine one gallon, and of Vinegar a pottle; ſeeth all together to the conſumption of a moity or halfe: then take a pottle of clean clarified Hony, or more, and put thereunto, and let them boyl well together: then take halfe an ounce of Saffron finely beaten, and put it thereto, with ſome Sugar, if you pleaſe.

49 *To make Sucket of green wallnuts.*

TAke Wallnuts when they are no bigger than the largeſt Haſell nuts; pare away the uppermoſt green, but not too deep; then ſeeth them in a pottle of water till the water bee ſodden away: then take ſo much more of freſh water; and when it is ſodden to the half, put thereto a quart of Vinegar, and a pottle of clarified Hony.

50. *To make Conſerve of Prunes or Damſons.*

TAke ripe Damſons; put them into ſcalding water; let them ſtand a while: then boyl them over the fire till they break; then ſtrain out the water through a Colander, and let them ſtand therein to cool: then ſtrain the Damſons through the Colander, taking away the ſtones and

and skins, then set the pulp over the fire again, and put thereto a good quantity of red wine, and boyle them well to a stiffenesse, ever stirring them up and down; and when they be almost sufficiently boyled, put in a convenient proportion of Sugar: stir all well together, and after put it in your gally pots.

51. *To make conserve of Strawberries.*

FIrst seeth them in water, and then cast away the water, and strain them, then boyl them in white wine and work as before in Damsons, or else strain them, being ripe: then boyl them in wine and sugar till they be stiffe.

52. *Conserve of Prunes or Damsons made another way.*

OF Damsons take a pottle, prick them, and put them into a pot, putting

putting thereto a pint of Rose-water or Wine, and cover your pot: let them boyl well; then incorporate them by stirring: and when they be tender, let them cool, and strain them with the liquor also; then take the pulp, and set it over the fire, and put thereto a sufficient quantity of Sugar, and boyl them to their height or consistency, and put it up in Gally pots or jars glasses.

53. *How to Candy Ginger, Nutmegs, or any Roots or Flowers.*

OF the best refined Sugar take a quarter of a pound, or Sugar-Candy which you can get; powder it; put thereto two spoontulls of Rose-water; dip therein your Nutmegs, Ginger, Roots, &c. being first sodden in fair water till they bee soft and tender: the oftener you dip them in your Syrup, the thicker the Candy will bee, but

but it will bee the longer in candying: your Sirup must be of such stiffnesse, as that a drop thereof being let fall upon a pewter dish, may congeal and harden, being cold. You must make your Syrup upon a Chasing-dish of coals, keeping a gentle fire. After your Sirup is once at his full height, then put them upon papers presently into a Stove, or in dishes: continue fire some ten or twelve dayes, till you find the Candy hard, and glistering like Diamonds. You must dip the red Rose, the Gilliflower, the Marigold, the Borrage-flower, and all other flowers but once.

54. *The Art of Comfit making teaching how to cover all kinds of Seeds Fruits, or Spices with Sugar.*

FIrst of all you must have a deep bottomed Bason of fine clean brasse or Latten, with two rates of Iron to hang it with two severall cords

cords over a Bason or earthen Pan with hot coals.

You must also have a broad Pan to put ashes in, and hot coals upon them.

You must have a clean Latten Bason to melt your Sugar in, or a fair brazen skillet.

You must also have a fine brazen ladle to let runn the Sugar upon the Seeds.

You must also have a fine brazen slice to scrape away the Sugar from the hanging Bason if need require.

Having all these necessary Vessells and Instruments; work as followeth.

Chuse the whitest, finest, and hardest Sugar, and then you need not to clarifie it, but beat it only into fine powder, that it may dissolve the sooner.

But first make all your seeds very clean, and dry them in your hanging Bason.

Take for every two pound of ſugar, a quarter of a pound of Anniſ-ſeeds, or Coriander-ſeeds, and your Comfits will be great enough: and if you will make them greater, take half a pound more of ſugar, or one pound more, and then they will be fair and large.

And half a pound of Anniſ-ſeeds with two pound of ſugar will make fine ſmall Comfits.

You may alſo take a quarter and a half of Anniſ-ſeeds, and three pound of ſugar; or half a pound of Anniſ-ſeeds, and four pound of ſugar. Do the like in Coriander-ſeeds.

Melt your ſugar in this manner *viz.* Put three pound of your powder ſugar into the baſon, and one pint of cleane running water thereunto; ſtirr it well with a brazen ſlice, untill all be moiſt and well wet: then ſet it over the fire, without ſmoak or flame, and melt it well, that there be no whole

griſty

gristy sugar in the bottome, and let it seeth mildly untill it will stream from the ladle like Turpentine with a long stream, and not drop: when it is come to his decoction, let it seeth no more, but keep it upon hot embers, that it may run from the ladle upon the seeds.

To make them speedily, let your water be seething hot, or seething, and put powder of sugar to them; cast on your sugar boyling hot: have a good warm fire under the hanging bason.

Take as much water to your sugar as will dissolve the same.

Never skim your sugar if it be clean and fine.

Put no kind of Starch or Amylum to your sugar.

Seeth not your sugar too long; for that will make it black, yellow, or tawny.

Move the seeds in the hanging bason as fast as you can or may;

when the Sugar is in casting.

At the first coat put on but one half spoonfull with the ladle, and also move the Bason; move, stirr, and rub the seeds with thy left hand a pretty while, for they will take Sugar the better, and dry them well after every coat.

Doe this at every coat, not only in moving the Bason, but also with the stirring of the Comfits with the left hand, and drying the same: thus doing you shall make good speed in the making: for, in every three hours you may make three pound of Comfits.

And as the Comfits doe increase in greatnesse, so you may take more Sugar in your Ladle to cast on. But for plain Comfits, let your Sugar bee of a light decoction last, and of a higher decoction first, and not too hot.

For crisp and tagged Comfits, make your Sugar of an high decoction, even as high as it may runn from

from the ladle; and let it fall a foot high or more from the ladle, and the hotter you cast on your Sugar, the more ragged will your Comfits bee. Also the Comfits will not take so much of the Sugar as they will upon a light decoction, and they will keep their raggedneſſe long. This high decoction muſt ſerve for eight or ten coats in the end of the work, and put on at every time but one ſpoonfull, and have a light hand with your Baſon, caſting on but little Sugar.

A quarter of a pound of Coriander-ſeeds, and three pound of Sugar, will make great, huge, and big Comfits.

See that you keep your Sugar alwayes in good temper in the Baſon, that it burn not into lumps or gobbets: and if your Sugar bee at any time too high boyled, put in a ſpoonfull or two of water, and keep it warily with the ladle, and let your fire alwayes

be without ſmoak or flame.

Some commend a ladle that hath a hole in it, to let the ſugar run thorow of an height: but you may make your Comfits in their perfect form and ſhade onely with a plain ladle.

When your Comfits be made, ſet your diſhes with your Comfits upon papers in them before the heate of the fire, or in the hot Sun, or in an oven after the bread is drawn, by the ſpace of an hour or two and this will make them to be very white.

Take a quarter of a pound of Anniſ-ſeeds, and two pound of ſugar, and this proportion will make them very great: and even a like quantity take of Caroway-ſeed, Fennell-ſeed, and Coriander-ſeed.

Take of the fineſt Cinamon, and cut it into pretty ſmall ſticks, being drie, and beware you wet it not: for that deadeth the Cinamon:

mon: and then work as in other Comfits. Doe this with Orenge rindes likewise.

Work upon Ginger, Cloves, and Almonds as upon other seeds.

The smaller that Annis-seed Comfits be, the fairer, the harder, and so in all other.

Take the powder of Cinamon, two dramms; of fine Musk dissolved in a little water, one scruple: mingle all these together in the hanging bason; and cast them upon Sugar of a good decoction. Then, with thy left hand, move it to and fro, and drie it well: doe this often, untill they be as great as Poppy seeds, and give in the end three or four coats of a light decoction, that they may be round and plain: and with an high decoction you may make them crispe.

You must have a course searce made for the purpose with heaire, or with Parchment full of holes, to

part and divide the Comfits into ſeverall ſorts.

To make paſte for Comfits, Take fine grated bread four ounces, fine elect Cinamon powdered half an ounce, of fine Ginger powder one dramm, Saffron powder a little, white Sugar two ounces, and a few ſpoonfulls of Borage-water; ſeeth the water and the Sugar together, and put to the Saffron; the firſt mingle the crumms of bread and the Spices well together, drie them, put the liquor ſcalding hot upon the Stuff, and being hot, labour it with thy hand, and make balls and other forms thereof, dry them, and cover them as Comfits.

Coriander-ſeeds two ounces, Sugar one pound and a half, maketh very fair Comfits.

Anniſeeds three ounces, Sugar half a pound; of Anniſeeds two ounces, and Sugar ſix ounces, will make fair Comfits.

Every dramm of fine Cinamon will

will take at the least a pound of Sugar for Bisket, and likewise of Sugar or Ginger powder.

Half an ounce of grosse Cinamon will make almost three dramms of fine powder searced, after it is well beaten.

Sugar powder one ounce, will take at the least a pound of Sugar to make your Bisket fair.

Corronaics will bee fair at twelve coats.

Put into the Sugar a little Amylum dissolved, for five or six of the last coats, and that will make them exceeding crisp: and if you put too much Amilum or Starch to the Comfits which you would have crisp, it will make them flat and smooth.

In any other confection of pasted Sugar mixed with Gumm-dragagant, put no kind of Amylum; beware of it, for it will make the work clammy.

To make red Comfits, seeth three

or four ounces of brazell with a little water; take of this red water four spoonfulls, of sugar one ounce, and boil it to his decoction: then give six coats, and it will be of a good colour; or else you may turn so much water with one dram of Turnsole, doing as before.

To make green Comfits, seeth sugar with the juice of Beets.

To make them yellow, seeth Saffron with sugar.

In making of Comfits, always when the water doth seeth, then put in your sugar powder, and let it seeth a little, untill it be clean dissolved, and boyled to his perfect decoction and that the whiteness of the colour be clean gone: and if you let it settle, you shall see the sugar somewhat clear.

For Biskets, take two spoonfuls of liquor, of sugar searced in a course searce, one dram; and of sugar powder to be molt and cast, one ounce. This done, will make the biskets some

some what fair, and some what greater then Peppy-s.

Alitir: Take sugar powder, four drams; sugar to cast, four ounces, with liquor sufficient: lay gold or silver on your Comfits.

Every dram of sugar-powder will take an ounce of sugar to be cast: eight drams make an ounce. To this much powder for Biskets, take half a pound of sugar to cast thereon.

Coriander-seeds, a quarter of a pound, sugar three pound; Coriander-seeds half a pound, sugar three drams, will make fair Comfits.

For Biskets, Annis-seeds half a pound, Fennell seeds a quarter of a pound, and sugar two pound sufficeth.

In six or eight of the last coats put in two spoonfuls of sugar very hot, to make them crisp.

To one pound of sugar take nine ounces of water.

55. *To make a cullis as white as snow, and in the nature of gelly.*

TAke a Cock, scald, wash and draw him clean, seeth it in white Wine, or rhenish Wine, scum it clean, clarifie the broth after it is strained: then take a pint of thick and sweet Cream, strain that to your clarified broth, and your broth will become exceeding fair and white: then take powdered Ginger, fine white Sugar, and Rose-water, seething your Cullis when you season it, to make it take the colour the better.

56. *To make Wafers.*

OF Flower take a pinte, put into it a little Cream with two yolks of Eggs and a little Rose-water, with a little searced Cinamon and Sugar, work them all together, and bake the Paste upon hot irons.

57. *To*

57. *To make Almond Butter.*

BLanch your Almonds, and beat them as fine as you can with fair water, two or three hours; then strain them through a linnen cloth; boyl them with Rose-water, whole Mace, and Anniseeds, till the substance bee thick: spread it upon a fair cloth, drayning the whey from it, after let it stand in the same cloth some few hours, then strain it, and season it with Rose-water and Sugar.

58. *A white Gelly of Almonds.*

TAke Rose-water, Gum-dragagant dissolved, or Isinglas dissolved, and some Cinamon grosly beaten, seeth them all together; then take a pound of Almonds, blanch and beat them fine with a little fair water, drie them in a fair cloth: and put

your water aforesaid into the Almonds, seeth them together, and stirr them continually, then take them from the fire when all is boiled to a sufficient height,

59. To make Leach.

SEeth a pint of cream, and in the seething put in some dissolved Isinglasse, stirring it till it bee very thick: then take a handfull of blanched Almonds, beat them and put them in a dish with your cream, seasoning them with sugar, and after slice it, and dish it.

60. Sweet Cakes without either Spice or sugar.

SCrape or wash your Parsneps clean, slice them thin, dry them upon Canvas or net-work frames, beat them to powder, mixing one third thereof with two thirds of fine wheat flower:

flowers; make up your paste into coats, and you shall finde them very sweet and delicate.

61. Roses and Gilliflowers kept long.

COver a Rose that is fresh and in the bud, and gathered in a fair day, after the dew is ascended, with the whites of egs well beaten, and presently strew thereon the fine powder of searced sugar, and put them up in luted pots, setting the pots in a cool place, in sand or gravell: with a sillip at any time you may shake off his incloſure.

62. Grapes growing all the yeare.

PUt a vine stalk thorow a basket of earth in December, which is likely to beare Grapes that

that year, and when the Grapes are ripe, cut off the ſtalks under the Basket (for by this time it hath taken root) keep the Basket in a warm place, and the Grapes will continue freſh and fair a long time upon the Vine.

63. *How to dry Roſe-leaves or any other ſingle Flowers, without wrinkling.*

IF you would perform the ſame well in Roſe leaves, you muſt, in Roſe time, make choiſe of ſuch Roſes as are neither in the bud, nor full blown (for theſe have the ſmoothest leaves of all other) which you muſt eſpecially cull and chuſe from the reſt; then take right Callis ſand, waſh it in ſome change of waters, and drie it thoroughly well, either in an Oven, or in the Sun; and having ſhallow, ſquare, or long boxes, of four, five, or ſix inches deep, make firſt an even lay of ſand in the bottome, upon

which

which lay your Rose leaves one by one, (so as one of them touch another) till you have covered all the sand; then strew sand upon those leaves till you have thinly covered them all; and then make another lay of leaves as before, and so lay upon lay, &c. Set this box in some warm place in a hot sunny day, (and commonly in two hot sunny dayes they will bee through drie) then take them out carefully with your hand without breaking. Keep these leaves in Jarr-Glasses bound about with paper neer a Chimny or Stove, for fear of relenting. I finde the red Rose leaf best to bee kept in this manner: also take away the stalks of Pansies, Stock-Gilliflowers, or other single Flowers, prick them one by one in sand, pressing down their leaves smooth with more sand laid evenly upon them. And thus you may have Rose leaves and other Flowers, to lay about your Basons, Windows, &c. all the Winter

ter long. Also this secret is very requisite for a good Simplifier, because hee may dry the leaf of any herb in this manner, and lay it, being dry, in his Herball, with the simple which it representeth, whereby he may easily learn to know the names of all simples which he desireth.

64. Clusters of Grapes kept till Easter.

CLusters of Grapes hanging upon lines within a close presse, will last till Easter. If they shrink, you may plump them up with a little warm water before you eat them. Some use to dip the end of the stalks first in pitch: some cut a branch off the Vine with every cluster, placing an Apple at each end of the branch, now and then renewing those Apples as they rot, and after hanging them within a presse or cupboard, which would stand in such a roome (as I suppose)

suppose) where the Grapes might not freeze: for otherwise you must be forced now and then to make a gentle fire in the room, or else the Grapes will rot and perish.

65. How to keep Wallnuts a long time plump and fresh.

MAke a lay of the dry stampings of crabs when the verjuice is pressed from them, cover that lay with Walnuts, and upon them make another lay of stampings, and so one lay upon another, till your vessell be full wherein you mean to keep them. The Nuts thus kept will pill as if they ware new gathered from the tree.

66. An excellent conceit upon the kernels of dry Wallnuts.

GAther not your Walnuts before they be ful ripe, keep them without

out any art untill New yeares tide, then break the shells carefully, so as you deface not the kernells: (and therefore you must make choise of such Nuts as have thin shells) whatsoever you find to come away easily, remove it: steep these kernells in conduit water fourty eight hours, then will they swell, and grow very plump and fair, and you may pill them easily, and present them to any friend you have for a New-years Gift; but being pilled they must be eaten within two or three hours, or else they lose their whitenesse and beauty; but unpilled, they will last two or three dayes fair and fresh. This of a kind Gentle-woman, whose skill I doe highly commend, and whose case I doe greatly pitty; such are hard fortunes of the best wits and natures in our dayes.

67. *How to keep Quinces in a most excellent manner.*

MAke choise of such as are sound, and gathered in a fair dry, and sunny day; place them in a Vessell of wood containing a Firkin, or thereabout; then cover them with penny Ale, and so let them rest; and if the liquor carry any bad scum, after a day or two take it off: every ten or twelve dayes let out your penny Ale at a hole in the bottom of your Vessell, stop the hole and fill it up again with fresh penny Ale: you may have as much for two pence at a time as will serve for this purpose. These Quinces being baked at Whitsontide, did taste more daintily then any of those which are kept in our usuall decoctions or pickles.

Also if you take white Wine Lees that are neat (but then I fear you must get them of the Merchants, for your Taverns doe hardly afford any)

you

you may keep your Quinces in them very fair and fresh all the yeare, and therein also you may keep your Barberries both full and fair coloured.

68. Keeping of Pomegranats.

MAke choice of such Pomegranats as are sound, and not prickt, as they term it; lap them over thinly with wax, hang them upon nails, where they may touch nothing, in some cupboard or closet in your bed-Chamber, where you keep a continuall fire; and every three or four dayes turn the under sides uppermost: and therefore you must so hang them in pack-thred, that they may have a bow knot at each end. This way Pomegranats have been fresh till Whitsontide.

69. Preserving of Artichokes.

CUt off the stalks of your Artichokes within two inches of the Apple;

Apple : and of all the reſt of the ſtalks make a ſtrong decoction, ſlicing them into thin and ſmall ſlices, and keep them in this decoction : when you ſpend them, you muſt lay them firſt in warm water, and then in cold, to take away the bitterneſſe of them. This of *M. Parſons*, that honeſt and painfull practiſer in this profeſſion.

In a mild and warm winter about a moneth or three weeks before Chriſtmas, I cauſed great ſtore of Artichokes to be gathered with their ſtalks in their full length as they grew : and making firſt a good thick lay of Artichoke leaves in the bottome of a large and great veſſell, I placed my Artichokes one upon another, as cloſe as I could couch them, covering them over a pretty thickneſſe with Artichoke leaves : thoſe Artichokes were ſerved in at my Table all the Lent after, the Apples being red and ſound, onely the tops of the leaves a little

vaded

vaded, which I did cut away.

70. *Fruit Preserved in Pitch.*

DWay-berries, that doe somewhat resemble black Cherries, called in Latine by the name of *Solanum lethale*, being diped in molten Pitch, being almost cold, and before it congeal and harden again, and so hung up by their stalks, will last a whole year. *Probat. per M. Persons* the Apothecary. Prove what other Fruits will also be preserved in this manner.

71. *To make Clove or Cinamon Sugar.*

LAy pieces of Sugar in close boxes amongst sticks of Cinamon, Cloves, &c. and in short time it will purchase both the taste and sent of the Spice. *Probat.* in Cloves.

72. *Hasell Nuts kept long.*

A Man of great years and experience assured me, that Nuts may be kept a long time with full kernels, by burying them in earthen pots well stopt a foot or two in the ground; they keep best in gravelly or sandy places. But these Nuts I am sure, will yeeld no oyl, as other Nuts will that wax dry in the shels with long keeping.

73. *Chesnuts kept all the yeare.*

After the bread is drawn, disperce your Nuts thinly over the bottom of the Oven, and by this means, the moisture being dryed up, the Nuts will last all the yeare: If at any time you perceive them to relent put them into your Oven again, as before.

SECRETS IN DISTILLATION.

1. *How to make true Spirit of wine.*

TAke the fineſt paper you can get, or elſe ſome virgin parchment; ſtrain it very right and ſtiff over the glaſſe body, wherin you put your Sack, Malmſie, or Muskadine; oyl the paper or virgin parchment with a pencill moiſtned in the oyl of Ben, and diſtill it in balneo with a gentle fire, and by this means you ſhall purchaſe only the true Spirit of Wine. You ſhall not have above two or three ounces at the moſt out of a gallon of Wine, which aſcendeth in the form of a cloud, without any dew

dew or veins in the helme: lute all the joints well in this distillation. This Spirit will vanish in the air, if the glasse stand open.

2. *How to make the ordinary Spirit of Wine, that is sold for five shillings, and a noble a pinte.*

PUt Sack, Malmsie, or Muskadine into a glasse body, leaving one third or more of your glasse emptie, set it in a balneo, or in a pid of ashes, keeping a soft and gentle fire: draw no longer then till all, or most part will burn away, which you may prove now and then by setting a spoonfull thereof on fire with a paper, as it droppeth from the nose or pipe of the helm: and if your Spirit thus drawn hath any phlegm therein, then rectifie or re-distill that Spirit again in a lesser body, or in a bolt receiver instead of another body, luting a small head on the top of the

steel thereof and so you shall have a very strong spirit: or else, for more expedition, distill five or six gallons of Wine by Limbeck; and that spirit which ascendeth afterward, re-distill in glasse, as before.

3 *Spirits of Spices.*

Distill with a gentle heat, either in balneo, or ashes, the strong and sweet water, wherewith you have drawn oyl of Cloves, Mace, Nutmegs, Juniper, Rosemary, &c. after it hath stood one Moneth close stop, and so you shall purchase a most delicate spirit of each of the said aromaticall bodies.

4. *Spirit of wine tasting of what Vegetables you please.*

Macerate Rosemary, Sage, sweet Fennell-seeds, Marjoram, Lemmon, or Orenge pils, &c. in

in spirit of Wine a day or two, and then distill it over again, unleſſe you had rather have it in his proper colour: for ſo you ſhall have it upon the firſt infuſion, without any farther diſtillation: and ſome young Alchymiſts doe hold this for the true ſpirits of Vegetables.

5. How to make the water which is uſually called Balm water.

PUt one pound of green Balm to every gallon of Claret wine. Keep that which cometh firſt, and is cleareſt, by it ſelfe: and the ſecond & whiter ſort, which is weakeſt, and cometh laſt, by it ſelf: diſtill in a pewter Limbeck luted with paſte to a Braſſe pot. Draw this in May or June, when the herb is in his prime.

6. Roſa Solis.

GAther in July one gallon of the herb Roſa Solis,

pick out all the black moats from the leaves; Dates half a pound; Cinamon, Ginger and Cloves, of each one ounce; Grains half an ounce; fine Sugar a pound and a half, red Rose leaves, green or dryed, four handfulls; steep all these in a gallon of good Aqua Composita, in a glasse close stopped with wax during twenty dayes; shake it well together once every two dayes. Your Sugar must bee powdered, your Spices bruised only, or grossly beaten, your Dates cut in long slices, the stones taken away. If you add two or three grains of Amber-greece, and as much Musk in your glasse among the rest of the ingredients, it will have a pleasant smell. Some add the Gumm Amber, with Corall and Pearl finely powdered, and fine leaf gold. Some use to boyl Ferdinando-buck in Rose water, till they have purchased a fair deep crimson colour, and when the same is cold, they co-

lour

lour their Rosa Solis and Aqua Rubea therewith.

7. *Aqua Rubea.*

TAke of Musk six grains; of Cinamon and Ginger, of each one ounce, white Sugar-Candy, one pound; powder the Sugar, and bruise the Spices grosly, bind them up in a clean linnen cloth, and put them to infuse in a gallon of Aqua Composita, in a glasse close stopt, twenty four hours, shaking them together divers times: then put thereto of Turnsole one dram; suffer it to stand one hour, and then shake all together: then if the colour like you after it is setled, pour the cleerest forth into another glasse: But if you will have it deeper coloured, suffer it to work longer upon the Turnsole.

8. *Doctor* Steven's *Aqua composita.*

OF Goscoin Wine take a gallon, of Ginger, Galingale, Cinamon, Nutmegs, and Grains, Annisseeds, Fennell-seeds and Carrowayseeds, of each a dram; of Sage, Mints, red Roses, Thime, Pellitory, Rosemary, wild Thime, Camomile, Lavender, of each a handful; bray the spices small, and bruise the herbs, letting them macerate twelve hours, stirring them now and then, then distill by a Limbeck of pewter, keeping the first cleer water that cometh by it selfe, and so likewise the second. You shall draw much about a pint of the better sort from every gallon of Wine.

9. *Usque-bath or Irish Aqua vitæ*

TO every gallon of good *Aqua composita*, put two ounces of chosen

chosen Liquorice bruised, and cut into small peices, but first cleansed from all his filth, and two ounces of Anis-seeds that are clean and bruised: let them macerate five or six dayes in a wooden vessell, stopping the same close, and then draw off as much as will run cleer, dissolved in that cleere *Aqua vitæ* five or six spoonfuls of the best Malasloco you can get, (Spanish Cute, if you can get it, is thought better then Malasloco) then put this into another vessell; and after three or four dayes (the more the better) when the liquor hath fined it selfe, you may use the same: some adde Dates and Raisins of the Sun to this receipt. Those grounds which remaine you may re-distill, and make more *Aqua compostæ* of them, and of that *Aqua compostæ* you may make more liquor hath.

10. *Cinamon Water.*

HAving a copper body, or brasse pot that will hold twelve gallons, you may well make two or three gallons of Cinamon water at once. Put into your Bodie over night six gallons of Conduit water, and two gallons of Spirit of Wine; or, to save charge, two gallons of Spirit drawn from the Wine Lees, Ale, or low Wine, six pound of the best and largest Cinamon you can get, or else eight pound of the second sort well bruised, but not beaten into powder: Lute your Limbeck, and begin with a good fire of wood and coals, till the Vessell begin to distill, then moderate your fire, so as your pipe may drop apace, and runn trickling into the receiver, but blow not at any time. It helpeth much herein to keep the water in the Bucket not too hot,

by

by often change thereof: it must never bee so hot, but that you may well endure your finger therein. Then divide into quart glasses the Spirit which first ascendeth, and wherein you finde either no taste, or very small taste of the Cinamon; then may you boldly, after the Spirit once beginneth to come strong of the Cinamon, draw untill you have gotten at the least a gallon in the receiver, and then divide often by half pints, and quarters of pints, lest you draw too long: which you shall know by the faint taste and milkie colour, which distilleth to the end: this you must now and then taste in a spoon. Now when you have drawn so much as you finde good, you may add thereunto so much of your Spirit that came before your Cinamon water, as the same will well bear, which you must finde by your taste. But if your Spirit and your Cinamon bee both good, you may of the afore-

aforesaid proportion will make up two gallons, or two gallons and a quart of good Cinamon water. Here note that it is not amisse to observe which glasse was first filled with the spirit that ascended, and so of the second; third, and fourth; and when you mix, begin with the last glasse first, and so with the next, because those have more taste of the Cinamon then that which came first, and therefore more fit to be mixed with your Cinamon water. And if you mean to make but eight or nine pints at once, then begin but with the half of this proportion. Also that spirit which remaineth unmixed, doth serve to make Cinamon water the second time. This way I have often proved, and found most excellent. Take heed that your Limbeck be clean, and have no manner of sent in it, but of Wine or Cinamon; and so likewise of the glasses funnels, and pots which you shall use about this worke.

11. *How to distill Isop, Thyme, Lavender, Rosemary, &c. after a new and excellent manner.*

HAving a large pot containing twelve or fourteen gallons, with a Limbeck unto it, or else a Copper body, with a serpentine of twenty, or twenty four gallons, and a Copper head, being such a Vessell as is commonly used in the drawing of *Aqua vitæ*, fill two parts thereof with fair water, and one other third part with such herbs as you would distill; the herbs being either moist or drie, skilleth not greatly whether; let the herbs macerate all night, and in the morning begin your fire; then distill as before in Cinamon water, being carefull to give change of waters to your colour always as it needeth: draw no longer then you feel a strong and sensible taste of the

the Herb which you distill, alwayes dividing the stronger from the weaker, and by this means you shall purchase a water far excelling any that is drawn by a common pewter Still : you may also gather the oyl of each herb, which you shall find fleeting on the top or summity of your water. This course agreeth best with such Herbs as are not in taste, and will yeeld their oyl by distillation.

12. *How to make the Salt of Herbs.*

BUrn whole bundles of dryed Rosemary, Sage, Hysop, &c. in a clean Oven, and when you have gathered good store of the Ashes of the Herb, infuse warm water upon them, making a strong and sharp Lee of those ashes; then evaporate that Lee, and the residence or setling which you find in the bottome thereof, is the Salt which you seek for. Some use to filter this Lee

divers

divers times before evaporation, that their salt may be the cleerer and more transparent. This salt, according to the nature of the Herb, hath great effect in Physick.

13. *Spirit of Hony.*

PUt one part of Hony to five parts of water; when the water boileth, dissolve your hony therein, scum it; and having sodden an hour or two, put it into a woodden Vessell, and when it is but blood warm, set it on work with yeast after the usuall manner of Beer and Ale; runn it, and when it hath lien some time, it will yeeld his Spirit by distillation, as Wine, Beer, and Ale will doe.

14. *To distill Rose-water at Michaelmas, & to have as good yeeld as at any other time of the yeer.*

IN the pulling of your Roses, first divide all the blasted leaves; then take

take the other fresh leaves, and lay them abroad upon your table or Windowes, with some clean linnen under them, let them lie three or four hours, or if they be dewy, untill the dew be fully vanished: put these Rose leaves in great stone pots, having narrow mouthes, and well leaded within, (such as the Gold-finers call their hookers, and serve to receive their *Aqua fortis*, be the best of all others that I know;) and when they are well filled, stop their mouthes with good Corkes, either covered all over with wax or molten brimstone, and then set your pot in some cool place, and they will keep a long time good, and you may distill them at your best leasure This way you may distill Rose water good cheap. If you buy store of Roses, when you finde a glut of them in the Market, whereby they are sold for seven pence or eight pence the Bushell, you then

engrosse

engrosse the flower. And some hold opinion, that if in the midst of these leaves you put some broken leaven, and after fill up the pot with Rose-leaves to the top, that so in your distillation of them you shall have a perfect Rose Vinegar, without the addition of any common Vinegar. I have known Rose leaves kept well in Rondlets that have been first well seasoned with some hot liquour and Rose leaves boyled together, and the same pitched over one the outside, so as no aire might penetrate or pierce the vessell.

15. *A speedy distillation of Rose water.*

STamp the leaves, and first distill the juice, being expressed, and after distill the leaves, and so you shall dispatch more with one Still, then others doe with three or four

four Stills. And this water is every way as medicinable as the other, serving in all Syrups, decoctions, &c. sufficiently; but not altogether so pleasing in smell.

16. *How to distill wine-Vinegar, or good Aligar, that may be both cleer and sharp.*

I Know it is an usuall manner among the Novices of our time, to put a quart or two of good Vinegar into an ordinary leaden Still, and so to distill it as they doe all other Waters; but this way I utterly dislike, both for that here is no separation made at all, and also because I fear that the Vinegar doth carry an ill touch with it, either from the leaden bottome, or pewter head, or both. And therefore I would wish rather, that the same were distilled in a large body of glasse, with a head or receiver, the same being placed in sand and ashes. Note, that the best

part

part of the Vinegar is the middle part that ariseth, for the first is faint and phlegmatick, and the last will taste of adustion, because it groweth heavie toward the latter end, and must bee urged up with a great fire: and therefore you must now and then taste of that which cometh both in the beginning and towards the latter end, that you may receive the best by it self.

17. *How to draw the true Spirit of Roses, and soof all other Herbs and Flowers.*

MAcerate the Rose in his own juice, adding thereto, being temperately warm, a convenient proportion either of yeast or ferment: leave them a few dayes in fermentation, till they have gotten a strong and heady smell, beginning to incline toward vinegar: then distill them in a balneo in glasse bodies luted to their helms (haply a Limbeck

beck will doe better, and rid faster) and draw so long as you finde any sent of the Rose to come: then re-distill or rectifie the same so often, till you have purchased a perfect spirit of the Rose. You may also ferment the juice of Roses only, and after distill the same.

18. *An excellent Rose water.*

UPon the top of your glasse body stain an hair cloth, and upon that lay good store of Rose leaves, either dry or half dry; and so your water will ascend very good both in smell, and in colour. Distill either in balneo, or in a gentle fire in ashes: you may re-iterate the same water upon fresh leaves. This may also be done in a leaden Still, over which, by reason of the breadth, you may place more leaves.

19. *An*

19 *An excellent way to make the extract of all Vegetables.*

EXpresse a good quantity of the juice thereof, set it on the fire, and give it onely a walm or two, then it will grow cleer: before it be cooled pour away the cleered filter with a peece of Cotten, and then evaporate your filtered juice till it come to a thick substance: and thus you shall have a most excellent extract of the Rose, Gilliflower, &c. with the perfect sent and taste of the flower; whereas the common way is to make the extract either by the spirit of wine, fair water, the water of the plant, or some kind of menstruum.

20. *To make a water smelling of the Eglantine, Gilliflowers, &c.*

DRy the herb or flower, and distill the same in fair water in a Lim-

a Limbeck, draw no longer then you find sent in the water that issueth, reiterate that water upon fresh herbs, and distill it as before, dividing the sweetest from the rest.

21. *A Scotish hand water.*

PUt Thyme, Lavender & Rosemary confusedly together, then make a lay of thick Wine Lees in the bottom of a stone pot, upon which make another lay of the same herbs, and then a lay of Lees, & so forward; lute the pot well, bury it in the ground for six weeks, distill it, and it is called Damesswater in Scotland. A little thereof put into a Bason of common water, maketh very sweet washing water.

22. *How to draw the blood of Herbs.*

STamp the Herb, put the same into a large glasse, leaving two parts empty (some commend the juice of the Herb only) nip or else lute the glasse

glasse very well: digest it in blalneo 15 or 16 dayes, and you shall find the same very red: divide the watersh part, and that which remaineth is the blood or essance of the herb.

23. *Rose water, and yet the Rose leaves not discoloured.*

YOu must distill in balneo, and when the bottom of your pewter Still is thorow hot, put in a few leaves at once, and distill them: watch your Still carefully; and as soon as those are distilled, put in more. I know not whether your profit will requite your labour; yet accept of it as a new conclusion.

24. *How to recover Rose water, or any other distilled water that hath gotten a mother, and is in danger to mustie.*

INfuse your water upon fresh Rose leaves, or upon Rose cakes broken

all

all in pieces, and then after maceration for three or four hours with a gentle fire re-distill your water. Do this in a Limbeck: take heed of drawing too long for burning, unlesse your Limbeck stand in balneo.

25. *To draw both good Rose water, and oyl of Roses together.*

AFter you have digested your Rose leaves by the space of three months, *sicut ante numero* 13. either in Barrels or Hookers, then distill them with fair water in a Limbeck; draw so long as you can find any excellent smell of the Rose, then divide the fatty oyl that fleeteth on the top of the Rose water, and so you have both excellent oyl of Roses, and also good Rose water together, and you shall also have more water then by the ordinary way

way : and this Rose water extendeth farther in physicall compositions, and the other serveth best for perfumes and casting bottles. You may also distill the oyl of *Lignum Rhodium* this way, saving that you shall not need to macerate the same above four and twenty hours in your water or menstruum before you distill. This oyl hath a most pleasing smell in a manner equall with the oyl of Roses.

Cookery and Huſwifery.

1. *To ſouſe a young Pigg.*

TAke a young Pig, being ſcalded, boyl it in fair water and white Wine; put thereto ſome Bay-leaves, ſome whole Ginger, ſome Nutmegs quartered, and a few whole Cloves: boyl it thorowly, and leave it in the ſame broth, in an earthen pot.

2. *Aliter.*

TAke a Pig, being ſcalded; collar him up like Brawn, and lap your collars in fair clothes: when the fleſh is boyled tender, take it out, and put it in cold water and ſalt, and that will

will make the skin white; make lowſing drink for it with a quart of white Wine, and a pottle of the ſame broth

3. *To boyl a Flounder or Pickerell after the French faſhion.*

TAke a pint of white Wine, the tops of young Thyme and Roſemary; a little whole Mace, a little whol Pepper ſeaſoned with verjuice, Salt and a piece of ſweet Butter, and ſo ſerve it. This broth will ſerve to boyl Fiſh twice or thrice in.

4. *To boyl Sparows or Larks.*

TAke two ladles full of Mutton broth, a little whole Mace: put into it a peece of ſweet Butter, a hand full of Parſley, being picked: ſeaſon it with Sugar, Verjuice, and a little Pepper.

5. *To boyle a Capon in white broth.*

BOyl your Capon by it ſelfe in fair water; then take a ladle full or two of mutton broth, and a little white Wine, a little whole Mace, a bundle of ſweet herbs a little marrow: thicken it with Almonds, ſeaſon it with ſugar and a little verjuice: boyl a few Currans by themſelves, and a Date quartered (leſt you diſcolour your broth) and put it on the breſt of your Capon, Chicken, or Rabbet; if you have no Almonds, thicken it with cream, or with yolks of egs; garniſh your diſhes on the ſides with a Lemmon ſliced, and ſugar.

6. *To boyl a Mallard, Teal, or Wygen.*

TAke mutton broth, and put it into a pipkin: put into the bel-

lie

lic of the Fowl a few ſweet herbs, and a little Mace : ſtick half a dozen of Cloves in his breſt, thicken it with a toaſt of bread ſteeped in verjuice; ſeaſon it with a little Pepper, and a little ſugar ; alſo one Onion minced ſmall is very good in the broth of any water Fowl.

7. *To boyl a leg of Mutton after the French faſhion.*

TAke all the fleſh out of your leg of Mutton, or at the butt end, preſerving the skin whole, and mince it ſmall with Oxe ſuet and Marrow : then take grated bread ſweet creame, and yolks of egges, and a few ſweet herbs ; put unto it Currans and Raiſins of the Sun, ſeaſon it with Nutmegs, Mace, Pepper, and a little ſugar, and ſo put it into the leg of Mutton again where you tooke it out, and ſtew it in a pot with a Marrow-bone or two : ſerve

in the Marrow bones with the ſtewed broth and fruit, and ſerve in your leg of Mutton dry with Carret roots ſliced, and caſt groſs Pepper upon the roots.

8. *To boyl Pigs-pettitoes on the French faſhion.*

BOyl them, and ſlice them, being firſt rouled in a little Batter, your Batter being made of the yolk of an Egg, two ſpoonfulls of ſweet cream, and one ſpoonfull of flower; make ſawce for it with Nutmeg, Vinegar, and Sugar.

9. *To boyl Pigeons with Rice.*

BOyl them in Mutton broth putting ſweet herbs in their bellies: then take a little Rice, and boyl it in Cream, with a little whole Mace; ſeaſon it with Sugar, lay it thick on their breſts, wringing alſo the juice of

of a Lemmon upon them, and ſo ſerve them.

10. *To boyl a Cline of Veal or Chicken in ſharp broth with herbs.*

TAke a little Mutton broth, white Wine, and Verjuice, and a little whole Mace, then take Lettuce, Spinage, and Parſley, and bruiſe it, and put it into your broth, ſeaſoning it with Verjuice, Pepper, and a little Sugar; and ſo ſerve it.

11. *To make Beaumanger.*

TAke the brawn of a Capon, toſe it like wooll; then boyl it in ſweet cream with the whites of two Egs, and being well boyled, hang it in a cloth, and let the Whey run from it: then grinde it in an Alablaſter Morter with a wooden peſtle; then draw it thorow a thin ſtrainer

with the yolks of two Egs, and a little Roſe water: then ſet it on a Chafing-diſh with coals, mixing four ounces of Sugar with it; and when it is cold, diſh it up like Almond-butter, and ſo ſerve it.

12. *To make a Polonian Sawſedge.*

TAke the Fillets of an Hog, chop them very ſmall with a handfull of red Sage, ſeaſon it hot with Ginger and Pepper, and then put it into a great Sheeps gut; then let it lie three nights in brine; then boyl it, and hang it up in a Chimny where fire is uſually kept, and theſe Sawſedges will laſt a whole year. They are good for Sallads, or to garniſh boyled meats, or to make one reliſh a cup of Wine.

13. *To*

13. *To make tender and delicate Brawn.*

PUt Collars of Brawn in Kettles of water or other apt veſſells, into an Oven, heated as you would for houſhold bread: cover the veſſells, and ſo leave them as long in the Oven, as you would doe a batch of bread. A late experience amongſt Gentle-women far excelling the old manner of boyling Brawn in great and huge kettles. *Quære*, if (putting your liquor hot into the veſſells, and the Brawn a little boiled firſt) by this meanes you ſhall not give great expedition to your work.

14. *Paſte made of Fiſh.*

INcorporate the body of ſalt fiſh Stock-fiſh, Ling, or any freſh fiſh that is not full of bones, with crums of bread, flower, Iſinglaſs. &c.

and with proper Spices agreeing with the nature of every ſeverall Fiſh; and of that paſte mould off the ſhapes and forms of little Fiſhes; as of the Roch, Dace, Pearch, &c. and ſo by art you may make many little Fiſhes out of one great and naturall Fiſh.

15. *How to barrell up Oyſters, ſo as they ſhall laſt for ſix moneths ſweet & good, and in their naturall taſte.*

OPen your Oyſters: take the liquor of them, and mix a reaſonable proportion of the beſt white wine Vin gar you can get, a little ſalt, and ſome Pepper; barrell the Fiſh up in ſmall Casks, covering all the Oyſters in this pickle, and they will laſt a long time. This is an excellent means to convey Oyſters unto dry Towns, or to carry them in long Voyages.

16. *How*

16. *How to keep freſh Salmon a whole moneth in his perfect taſte and delicacy.*

FIrſt ſeeth your Salmon according to the uſuall manner: then ſink it in apt and cloſe veſſells in wine Vinegar, with a branch of Roſemary therein. By this means Vintners and Cooks may make profit thereof when it is ſcarce in the Markets: And Salmon thus prepared, may be profitably brought out of Ireland, and ſold in London, or elſe where.

17. *Fiſh kept long, and yet to eat ſhort and delicately.*

FRy your Fiſh in oyl: ſome commend rape oyl, & ſome the ſweeteſt Civill oyl that you can get: for the Fiſh will not taſte at all of the oyl becauſe

because it hath a wateriſh body, and oyl and water make no true unity: then put your Fiſh in white Wine vinegar, and ſo you may keep it for the uſe of your Table any reaſonable time.

18. *How to keep roaſted Beef a long time ſweet and wholſome.*

THis is alſo done in Wine vinegar, your peeces being not over great, and well and cloſe barrelled up. This ſecret was fully proved in that honorable voyage unto Cales.

19. *How to keep powdered Beef five or ſix weeks after it is Sodden, without any change.*

WHen your Beef hath beene well and thorowly powdered by ten or twelve dayes ſpace, then ſeeth it thorowly, dry it with a cloth,

cloth, and wrap it in dry clothes, placing the ſame in cloſe veſſels and cupboards, and it will keep ſweet and ſound two or three moneths, as I am credibly informed from the experience of a kind and loving friend.

10. *A conceit of the Authors, how beef may be carried at the Sea, without that ſtrong and violent impreſſion of ſalt, which is uſually purchaſed by long and extream powdering.*

HEre, with the good leave and favour of thoſe courteous Gentlewomen, for whom I did principally, if not only, intend this little Treatiſe; I will make bold to lanch a little from the ſhore, and try what may be done in the vaſt and wide Ocean, and in long and dangerous voyages, for the better preſervation of ſuch uſuall victuals, as for want of this skill

do

doe often times meerly periſh, or elſe by the extream piercing of the ſalt, doe loſe even their nutritive ſtrength and vertue: and if any future experience doe happen to controul my preſent receipt, let this excuſe a Scholar, *Quòd in magnis, eſt voluiſſe ſatis.* But now to our purpoſe: Let all the blood be firſt well gotten out of the Beef, by leaving the ſame ſome nine or ten dayes in our uſuall brine: then barrell up all the pieces in veſſels full of holes, faſtening them with ropes at the ſtern of the Ship, and ſo dragging them thorow the ſalt Sea water, (which, by this infinite change and ſucceſſion of water, will ſuffer no putrefaction, as I ſuppoſe) you may haply finde your Beef both ſweet and ſavory enough when you come to ſpend the ſame. And if this happen to fall out true upon ſome tryall thereof had, then either at my next impreſſion, or when I ſhall be urged thereunto upon

upon any neceſſity of ſervice, I hope to diſcover the means alſo whereby every Ship may carry ſufficient ſtore of Victuale for her ſelfe in more cloſe and convenient carriages then thoſe looſe veſſels are able to perform. But if I may be allowed to carry either roaſted or ſodden fleſh to the ſea, then I dare adventure my poore credit therein, to preſerve, for ſix whole moneths together, either Beef, Mutton, Capons, Rabbets, &c. both in a cheap manner, and as freſh as wee do now uſually eat them at our tables. And this I hold to be a moſt ſingular and neceſſary ſecret for all our Engliſh Navie; which at all times, upon reaſonable termes, I will be ready to diſcloſe for the good of my Country.

21. *How to make ſundry ſorts of moſt dainty Butter, having a lively taſte of Sage, Cinamon, Nutmegs, Mace, &c.*

THis is done by mixing a few drops of the extracted oyl of Sage, Cinamon, Nutmegs, Mace, &c. in the making up of your Butter: for oyl, and Butter will incorporate and agree very kindly and naturally together. And how to make the ſaid oyls, with all neceſſary veſſells, inſtruments, and other circumſtances, by a moſt plain and familiar deſcription, See my Jewell houſe of Art and Nature, under the Title of Diſtillation.

22. *How to make a larger and daintier Cheeſe of the ſame proportion of milk then is commonly uſed or known by any of our beſt Dairy women at this day.*

HAving brought your milk into curds by ordinary renet, either break

breake them with your hands according to the uſuall manner of other Cheeſes, and after, with a fleeting diſh, take away as much of the Whey as you can; or elſe put the Curds without breaking into your Moat; let them ſo repoſe one hour, or two, or three; and then, to a Cheeſe of two gallons of Milk, add a weight of ten or twelve pound; which weight muſt reſt upon a cover that is fit with the Moat or caſe, wherein it muſt truly deſcend by degrees, as you increaſe your weight, or as the Curds do ſink and ſettle. Let your Curds remain ſo all that day and night following, untill the next morning: and then turn your Cheeſe or Curds, and place your weight again thereon, adding from time to time ſome more weight, as you ſhall ſee cauſe. Note, that you muſt lay a cloth both under and over your Curds at the leaſt, if you will

not

not wrap them all over, as they doe in other Cheeſes, changing your cloth at every turning. Alſo if you will work in any ordinary moat, you muſt place a round and broad hoop upon the moat, being juſt of the ſelfe ſame bigneſſe or circumference, or elſe you ſhall make a very thinn Cheeſe. Turn theſe Cheeſes every morning and evening, or as often as you ſhall ſee cauſe, till the whey be all run out, and then proceed as in ordinary Cheeſes. Note, that theſe moats would be full of holes, both in the ſides and bottome, that the whey may have the ſpeedier paſſage. You may alſo make them in ſquare boxes full of holes, or elſe you may deviſe moats or caſes, either round or ſquare of fine wicker; which, having wicker covers, may, by ſome ſleight, be ſo ſtayed, as that you ſhall need only morning and evening to

turn

turn the wrong ſide upward, both the bottomes being made looſe, and ſo cloſe and fitting, as they may ſink truely within the moat or mould, by reaſon of the weight that lyeth thereon. Note, that in other Cheeſes, the cover of the moat ſhutteth over the moat : but in theſe the covers deſcend, and fall within the moats. Alſo your ordinary Cheeſes are more ſpongious and full of eyes then theſe, by reaſon of the violent preſſing of them ; whereas, theſe Cheeſes ſettling gently and by degrees, doe cut as cloſe and as firm as Marmelade. Alſo in thoſe Cheeſes which are preſſed out after the uſuall manner, the whey that cometh from them, if it ſtand a while, will carry a cream upon it, whereby the Cheeſe muſt of neceſſity be much leſſe, and (as I gueſſe) by a fourth part : whereas the whey that commeth from theſe new kind of

Cheeſes

Cheeſes is like fair water in colour, and caryeth no ſtrength with it. Note alſo, that if you put in your curds unbroken, not taking away the whey that iſſueth in the breaking of them, that ſo the Cheeſes will yet be ſo much the greater: but that is the more troubleſome way, becauſe the curds being tender, will hardly endure the turning, unleſſe you be very carefull. Suppoſe, that the Angelores in France may be made in this manner in ſmall Baskets: and ſo likewiſe of the Parmeeſan: and if your whole Cheeſes conſiſt of unſtamen milk, they will be full of butter, and eate moſt daintily, being taken in their time, before they be too dry: for which purpoſe you may keep them, when they begin to grow dry, upon greene ruſhes or Nettles. I have robbed my Wifes Dairy of this ſecret, who hath hitherto refuſed all recompence that hath been offered her

her by Gentle-women for the ſame, and had I loved Cheeſe my ſelfe ſo well as I like the receipt, I think I ſhould not eaſily have imparted the ſame at this time. And yet I muſt needs confeſſe, that for the better gracing of the Title wherewith I have fronted this pamphlet, I have been willing to publiſh this with ſome other ſecrets of worth, for the which I have many times refuſed good ſtore both of crownes and angels. And therefore let no Gentle-women think this Book too deer, at what price ſoever it ſhall be valued upon the ſale thereof: neither can I eſteem the work to be of leſſe then twenty yeers gathering.

23. *Clouted creame.*

TAke your milk being new milked, and preſently ſet it upon the fire, from morning untill the evening

evening, but let it not ſeeth: and this is called my Lady Youngs clowted cream.

24. *Fleſh kept ſweet in Summer.*

YOu may keep Veal, Mutton, or Veniſon in the heat of Summer nine or ten dayes good, ſo as to be newly and fair killed, by hanging the ſame in an high and windy room. (And therefore a plate Cupboard full of holes, ſo as the wind may have a thorow paſſage, would be placed in ſuch a room, to avoid the offence of Fly-blows.) This is an approved ſecret eaſie and cheap and very neceſſary to be known and practiſed in hot and raining weather. Veal may be kept ten dayes in bran.

25. *Muſtard-meal.*

IT is uſuall in Venice to ſell the Meal of Muſtard in their Markets

as we doe Flower & Meal in England this Meal by the addition of Vinegar, in two or three dayes becometh exceeding good Muſtard, but it would be much ſtronger and finer, if the husks and huls were firſt divided by ſearce or boulter: which may eaſily be done, if you dry your ſeeds againſt the fire before you grind them. The Dutch iron hand Mills, or any ordinary Pepper Mill may ſerve for this purpoſe. I thought it very neceſſary to publiſh this manner of making your ſawce, becauſe our Muſtard, which we buy from the Chandlers at this day, is many times made up with vile and filthy Vinegar, ſuch as our ſtomacks would abhorr, if we ſhould ſee it before the mixing thereof with the ſeeds.

26. *How to avoid ſmoak in broyling of Bacon, Carbonado, &c.*

MAke little Dripping-pans of paper, paſting up the corners with ſtarch

ſtarch or paſte: wet them a little in water, (but Pope *Pius Quintus* his Cook will have them touched over with a feather firſt diped in oyl or molten Butter:) lay them on your Grid-iron, and place therein your ſlices of Bacon, turning them as you ſee cauſe. This is a cleanly way, and avoideth all ſmoak. In the ſame manner you may alſo broyl thin ſlices of Polonian Sawſedges, or great Oyſters; ſo were the Popes Oyſters dreſſed. You muſt be carefull that your fire under the Grid-iron flame not, leſt you happen to burn your Dripping-pans: and therefore all cole brands are here ſecluded.

27. *The true botling of Beer*

WHen your Beer is ten or twelve dayes old, whereby it is growne reaſonable cleer, then

then bottle it, making your corkes very fit for your bottles, and ſtop them cloſe: but drink not of this Beer, till they begin to worke again, and mantle, and then you ſhall find the ſame moſt excellent and ſpritely drink: and this is the reaſon why bottle ale is both ſo windy and muddy, thundering and ſmoaking upon the opening of the bottle, becauſe it is commonly bottled the ſame day that it is laid into the Seller; whereby its yeſt, being an exceeding windy ſubſtance, being alſo drawn with the ale not yet fined, doth incorporate with the drink, and maketh it alſo very windy: and this is all the lime and Gun-powder wherewith bottle ale hath been a long time ſo wrongfully charged.

16. *How to help your bottles when they are muſty.*

SOme put them in an Oven when the bread is newly drawn, cloſing

up the Oven, and ſo let them reſt till morning. Others content themſelves with ſcalding them in hot liquor only till they be ſweet.

29. How to breake whites of egs ſpeedily.

A Fig or two ſhred in pieces. And then beaten amongſt the whites of Egs will bring them into an oyl ſpeedily: ſome breake them with a ſtubbed rod and ſome by wringing them often thorow a ſponge.

30. How to keep flies from oyl peeces.

A Line limed over, and ſtrained about the creſt of oyl peeces of Pictures, will catch the flies, that would otherwiſe deface the pictures. But this Italian conceit, both for the rareneſs and uſe thereof, doth pleaſe

pleaſe me above all other, *viz.* Prick a Cucumber full of Barley cornes, with the ſmall ſpring ends outward: make little holes in the Cucumber firſt with a wooden or bone Bodkin, and after put in the grain: theſe, being thick placed, will in time cover all the Cucumber, ſo as no man can diſcerne what ſtrange plant the ſame ſhould be. Such Cucumbers are to be hung up in the midſt of Summer rooms, to draw all the flyes unto them, which otherwiſe would flye upon the Pictures or Hangings.

31. *To keep Lobſters, Crabfiſhes, &c. ſweet and good for ſome few dayes.*

THeſe kinds of fiſh are noted to be of no durability or laſting in warme weather: yet to prolong their dayes a little, though I fear I ſhall raiſe the price of them by the

diſcovery amongſt the Fiſhmongers (who only in reſpect of either ſpeedy decay, doe now and then afford a penny worth in them) if you wrap them in ſweet and courſe rags firſt moiſtned in brine, and then bury theſe clothes in Callis ſand, that is alſo kept in ſome coole or moiſt place: I know by mine own experience, that you ſhall finde your labour well beſtowed; and the rather, if you lay them in ſeverall clothes, ſo as one doe not touch the other.

32. *Divers excellent kindes of bottle Ale.*

I Cannot remember that ever I did drink the like ſage Ale at any time, as that which is made by mingling two or three drops of the extracted oyl of Sage with a quart of Ale, the ſame being well brewed out of one pot into another;

then: and this way a whole stand of Sage ale is very speedily made. The like is to be done with oyl of Mace or Nutmegs. But if you will make a right Gossips cup, that shall farr exceed all the Ale that ever Mother *Bunch* made in her life time, then in the bottling up of your best Ale, put half a pint of white Ipocrasse that is newly made, and after the best receipt, with a pottle of Ale: stop your bottle close, and drink it when it is stale, Some commend the hanging of roasted Oranges prickt full of Cloves in the vessell of Ale, till you find the taste thereof sufficiently graced to your own liking.

33. *How to make worme-wood wine very speedily, and in great quantity.*

TAke small Rochell or Coniake wine, put a few drops of the

extracted oyl of Wormwood therein: brew it together (as before is ſet down in bottle Ale) out of one pot into another, and you ſhall have a more neat and wholſome Wine for your body, then that which is ſold at the Still-yard for right Wormwood wine.

34. *Roſe water and Roſe vinegar of the colour of the Roſe, and of the Cowſlip, and Violet vinegar.*

IF you would make your Roſe water and Roſe vinegar of a Ruby colour, then make choice of the crimſin Velver coloured leaves, clipping away the whites with a paire of Sheeres; and being thorow dryed, put a good large handfull of them into a pint of Damask or red Roſe-water: ſtop your glaſſe well, and ſet it in the Sun till you ſee that the leaves have loſt their colour: or, for more expedition, you may performe this work in balneo in a few hours,

and

and when you take out the old leaves, you may put in freſh, till you find the colour to pleaſe you. Keep this Roſe water in glaſſes very well ſtopt; the fuller the better. What have I ſaid of Roſe water, the ſame may alſo be intended of Roſe Vinegar, Violet, Marigold and Cowſlip Vinegar; but the whiter Vinegar you chuſe for this purpoſe, the colour thereof will be the brighter; and therefore diſtilled Vinegar is beſt for this purpoſe, ſo as the ſame be warily diſtilled with a true diviſion of parts, according to the manner expreſſed in this book in the diſtillation of Vinegar.

35. *To keep the juice of Orenges and Lemmons all the year for ſauce, Julips, and other purpoſes.*

EXpreſſe their juice, and paſſe it through an Ipocraſſe bagg, to clarifie it from its impurities; then

then fill your glaſſe almoſt to the top; cover it cloſely, and let it ſtand ſo till it have done boyling: then fill up your glaſſe with good Sallet-oyl, and ſet it in a coole Cloſet or Buttery where no Sun commeth: The apteſt glaſſes for this purpoſe are ſtraight upright ones, like to our long Beer glaſſes, which would be made with little round holes within two inches of the bottome to receive apt fawcets, and ſo the grounds, or leet would ſettle to the bottome, and the oyl would ſink down with the juice ſo cleerly, that all purefaction would be avoided: or, in ſtead of holes, if there were glaſſe Pipes, it were the better and readier way, becauſe you ſhall hardly faſten a fawcet well in the hole. You may alſo in this manner reſerve many juices of herbs and flowers.

And becauſe that profit and skill uniſed do grace each other, (if courteous Ladies) you will lend eares, and follow my direction, I will here furniſh

furniſh a great number of you (I would I could furniſh you all) with the juice of the beſt Civill Orenges at an eaſie price. About Alhollantide, or ſoon after, you may buy the inward pulp of Civill Orenges, wherein the juice reſteth, of the Comfit-makers for a ſmall matter, who doe only and principally reſpect their rinds to preſerve and make Oringadoes withall. This juice you may prepare and reſerve as before.

36. *How to puriſie and give an excellent ſmell and taſte unto Sallet Oyle.*

Put Sallet Oyle into a veſſell of wood or earth, having a hole in the bottome: to every four quarts of water add one quart of Oyle, and with a wooden ſpoon or ſpattle, beat them well together for a quar-

ter of an hour, then let out the water, preventing the oyle from iſſuing by ſtopping of the hole: repeat this work two or three times, and at the laſt you ſhall find your oyle well cleanſed or clarified. In this manner you may alſo clarifie Capons greaſe, being firſt melted, and working with warm water. All this is borrowed of M. *Bartholomæus Scapius*, the Maſter Cook of Pope *Pius Quintus* his privie Kitchon. I think, if the laſt agitation were made in Roſe water, wherein alſo Cloves or Nutmegs had been macerated, that ſo the oyle would be yet more pleaſing.

Or if you ſet a jarr-glaſſe in balneo, full of ſweet oyle, and ſome ſtore of bruiſed Cloves, and rindes of civill Orenges or Lemmons alſo therein, and ſo continue your fire for two or three hours, and then letting the Cloves and and rindes remain in the oyle till both the ſent and taſte doe pleaſe you: I think many men which at this day doe loath oyle (as

I my

I my ſelfe did not long ſince) would be eaſily drawn to a ſufficient liking thereof.

37. *How to clarifie without any diſtillation, both white and claret wine Vinegar for gelliet or ſauces.*

PUt to every ſix pints of good Wine Vinegar, the whites of two new laid Eggs well beaten: then put all into a new leaden Pipkin, and cauſe the ſame to boyl a little, over a gentle fire; then let it runn through a courſe gelly-bag twice or thrice, and it will be very cleer, and keep good one whole yeer.

38. *To make a moſt delicate white ſalt for the Table.*

FIrſt calcine or burn your white ſalt; then diſſolve it in cleer Conduit water;

water : let the water stand without stirring fourty eight hours : then carefully draw away all the cleer water only : filter it, and after evaporate the filtred liquer, reserving the Salt. Some leave out calcination.

39. *A delicate Candle for a Ladies Table.*

CAuse your Dutch-Cardlet to bee dipped in Virgin-Wax, so as their last coat may bee meerly Wax; and by this means you may carry them in your hand without melting, and the sent of the Tallow will not break through to give offence. But if you would have them to resemble yellow wax Candles; then first let the Tallow bee coloured with Turmerick boyled therein, and strained; and after your Candles have been dipped therein to a sufficient greatnesse, let them take their last coat

coat from the yellow : this may bee done in a great round cane of Tin-plate, having a bo tome, and being ſomewhat deeper then the length of your Candles ; and as your Wax ſpendeth : you may ſtill ſupply it with more.

40. *How to hang your Candles in the ayre without Candleſticks.*

THis will make a ſtrange ſhew to the beholders that know not the conceit. It is done in this manner : Let a fine Virginall wyre bee conveyed in the midſt of every wick, and left of ſome length above the Candle, to faſten the ſame to the poſts in the roof of your houſe : and if the room be any thing high roofed, it will be hardly diſcerned, and the flame, though it conſume the Tallow, yet it will not melt the wyre.

41. *To*

41. *To make Roſe Vinegar.*

MAcerate or ſteep Roſe leaves in fair water; let them lye therein till they wax ſower in ſmell, and then diſtill the water.

Sweet

Sweet Powders, Ointments, Beauties, &c.

1. *An excellent Damask Powder.*

YOu may take of yroes half a pound, Rose leaves four ounces, Cloves one ounce, Lignum Rhodium two ounces. Storax one ounce & a half, Musk and Civet, of each ten grains, beat and incorporate them well together.

2. *An excellent hand-water, or washing water, very cheap.*

TAke a gallon of fair water, one handfull of Lavender flowers, a few Cloves, and some Orace powder,

powder, and four ounces of Benjamin: distill the water in an ordinary leaden Still. You may distill a second water by a new infusion of water upon the Lees: a little of this will sweeten a Bason of fair water for your table.

3. *A Ball to take stains from Linnen.*

TAke four ounces of white hard Soap, beat it in a Morter with two small Lemmons sliced, & as much roch Allom as an hasell Nut, roul it up in a Ball; rub the stain therewith; and after fetch it out with warm water, if need be.

4. *A sweet and delicate Pomander.*

TAke two ounces of Labdanum; of Benjamin and Storax, one ounce; Musk, six grains; Civet, six grains;

graines: Amber greese, six graines: of Calamus, Aromaticus, and Lignum Aloes, of each the weight of a groat: beat all these in a hot Morter, and with an hot Pestle, till they come to paste; then wet your hand with Rose-water, and roule up the paste suddenly.

5. To take staines out of mens hands presently.

YOu may doe this with the juice of Sorrell, washing the stained place therein.

6. To take away spots and freckles from the face or hands.

THe sappe that issueth out of a Birch tree in great abundance, being opened in March or Aprill, with a receiver of glasse set under the boring thereof to receive the same, doth performe the same most excel-

excellently, and maketh the skinn very cleer. This sap will dissolve pearl; a secret not known unto many.

7. *A white fucus, or beauty for the face.*

THe jaw bones of an Hog or Sow well burnt, beaten, and searced through a fine Searce, and after, ground upon a porphyrie or serpentine stone, is an excellent fucus, being laid on with the oyle of white Poppy.

8. *A delicate washing Ball.*

TAke three ounces of Orace, half an ounce of Cypress, two ounces of Calamus Aromaticus, one ounce of Rose leaves, two ounces of Lavender flowers; beat all these together in a Morter, searcing them thorow a fine Searce; then scrape some Castill

Castill sope, and dissolve it with some Rose-water; then incorporate all your Powders therewith, by labouring them well in a Morter.

9. *Damask powder.*

TAke five ounces of Orace, two ounces of Cypresse, two ounces of Calamus, half an ounce of Cloves, one ounce of Benjamin, one ounce of Rose leaves, one ounce of Storax calymitum, half an ounce of Spike flowers; mix them well together.

10. *To keep the teeth both white and sound.*

OF hony take a quart, as much Vinegar, and half so much white Wine: boyle them together and wash your teeth therewith now and then.

11. *To*

11. *To allay heat, and cleer the face*

TAke three pints of conduit water, boyl therein two ounces of French-barley; change your water, and put in the Barley again: repeat this so long, till your water purchase no colour from the Barley, but become very cleer: boyle the last three pints to a quart; then mixe half a pint of white Wine therein; and when it is cold, wring the juice of two or three good Lemmons therein; and use the same for the Morphew, heat of the face or hands, and to cleer the skin.

12. *The skin of a Child kept white and cleer.*

WAsh the face and bodie of a sucking-child with brest-Milk, or Cow-milk mixed with water

water every night, and the Childs skin will wax fair and cleer, and resist Sun burning.

13. *An excellent Pomatum to cleer the skin.*

WAsh Barrowes grease oftentimes in May dew that hath been clarified in the Sun till it be exceeding white; then take marsh-Mallow roots, scraping off the outsides and then make thinn slices of them, and mix them; set them to macerate in a seething Balneo, and scum it well till it be thorowly clarified, and will come to rope; then strain it, and put now and then a spoonfull of May dew therein, beating it till it be thorow cold in often change of May dew: then throw away that dew, and put it in a glasse, covering it with May dew; and so reserve it to your use. Let the Mallow roots be two or three dayes dryed

dryed in the shade before you use them, This I had of a great professour of Art, and for a rare and dainty secret, as the best fucus this day in use.

14. *Another mineral fucus for the Face.*

INcorporate with a wooden pestle, and in a wooden morter with great labour, four ounces of sublimate, and one ounce of crude Mercury, at the least six or eight hours, (you cannot bestow too much labour herein:) then, with often change of cold water, by ablution in a glasse, take away the Salts from the sublimate: change your water twice every day at the least; and in seven or eight dayes (the more the better) it will be dulcified; and then it is prepared. Lay it on with oyl of white Poppy.

15. T

15. *To take away Chilblaines out of the hands or feet.*

BOyl half a peck of oats in a quart of water till they wax dry, then, having first anointed your hands with some good Pomatum, and well chafed them, hold them within the oates as hot as you may well suffer them, covering the bowl wherein you put your hands, with a double cloth to keep in the steem of the Oats. Doe this three or four times, and you shall finde the effect. The same Oats will serve to be sodden with fresh water three or four times.

16. *To help a face that is red with Pimples.*

DIssolve common Salt in the juice of Lemmons, and with a linnen

linnen cloth, pat the patients face that is full of heate or Pimples. It cureth in a few dressings.

17. *Alter.*

TAke of those little whelks or shels which some do call ginny money, wash five or six of them, and beat them to fine powder, and infuse the juice of Lemmons upon them, and it will presently boyl: but if it offer to boyl out of your glasse, then stop the mouth thereof with your finger, or blow into it. This will in a short time be like an ointment, with which you must anoint the heat of Pimples on the face often times in a day, till you finde help. As the ointment dryeth, put more juice of Lemmons to it. This of an outlandish Gentle-woman; and it is an assured remedy, if the heate be not very extreame. Some have found by experience, that bathing

of

of the face with hot Vinegar every night when they goe to bed, doth mightily repell the humour.

16. *Aliter.*

Quilt bay Salt well dryed and powdered in double linnen ſocks of a pretty bigneſſe; let the patient weare them in wide hoſe and ſhoes day and night, by the ſpace of fourteen dayes, or till hee be well: every Morning and Evening let him dry his ſocks by the fire, and put them on again.

This helped M. *Foſter*, an Eſſex man, and an Attorney of the common Pleas within theſe few yeares, but now deceaſed; whoſe face was for many yeares together of an exceeding high and furious colour, of my own knowledge, and hath ſpent much money in phyſick without any ſucceſſe at all, untill hee obtained

this remedy. The patient muſt not take any wet of his feet during the cure.

19. *Aliter & optimè.*

TAke half a pound of white diſtilled Vinegar, two new-laid Eggs with their ſhels, two ſpoonfuls of the flowers of Brimſtone: let theſe macerate in the Vinegar, by the ſpace of three dayes; then take out the Eggs, and prick them full of holes with a Needle, but not too deepe, leſt any of the yolk ſhould happen alſo to iſſue: let that liquor alſo mixe with the Vinegar, then ſtrain all thorow a fine cloth, and tie up the Brimſtone in a cloth, like a little Ball; dip this Ball in the ſtrained liquor when you uſe it, and pat it on the place three or four times every day: and this will cure any red face in twelve or fourteen dayes

dayes. Some doe also commend the same for an approved remedy against the Morphew. The Brimstone ball must be kept in some close thing from the ayre.

20. *How to take away any Pimple from the face.*

BRimstone ground with the oyl of Turpentine, and applied unto any Pimple one hour, maketh the flesh to rise spongious: which being anointed with the thick oyl of Butter that ariseth in the morning from new milke sodden a little over night, will heal and scale away in a few dayes, leaving a fair skin behinde. This is a good skinning salve.

21. *To help any Morphew, Sunburning, Itch, or red Face.*

STeep two slieed Lemmons, being large and fair, in a pint of conduit water: leave them four or five dayes in infusion, covering the water: then strain the water, and dissolve therein the quantity of a Hasell nut of Sublimate (some hold a dram a good proportion to a pint of water) finely powdered: let the patient wet a cloth therein, and rub the place where the grief is every morning and evening a little, till the hiew doth please her. You may make the same stronger or weaker, according to good discretion.

22. *For the Morphew.*

TAke a pint of distilled Vinegar lay therein two new laid Egges whole

whole with their ſhels, three yellow dock roots picked and ſliced, two ſpoonfuls of the flower of brimſtone, and ſo let all reſt three dayes, and then uſe this liquor, with a cloth rubbing the place three or four times every day; and in three or four dayes it commonly helpeth, put ſome bran in your cloth before you moiſten your cloth therein, binding it up in forme of a little ball.

This of Maſter *Rich*, of *Lee*, who helped himſelf and a gallant Ladie therewith in a few dayes.

23. *To take away the freckles in the face.*

WAſh your face in the wane of the Moon with a ſponge morning and evening with the diſtilled water of Elder leaves, letting the ſame dry into the skin. Your water muſt be diſtilled in May. This

from a Traveller, who hath cured himself thereby.

24. *To cure any extream bruise upon a sore fall on the face, or any other member of the body.*

PResently after the fall, make a great fire, and apply hot clothes one after another, without intermission, the patient standing neer the fire for one hour and a half, or till the swelling be clean abated. This I know proved with good successe in a Maid that fell down a pair of Staires, whereby all her face was extreamly disfigured. Some hold opinion, that the same may be performed with clothes wet in hot water, and then wrung out again before application. Then, to take away the changeable colours which doe accustomably follow all bruises, shred the root of a green or growing flower-

flower-Deluce ; beat it with red Roſe water, and grind it till it come to a ſalve ; apply the ſame, and in few hours it takes away all the colours : but if it lie too long, it will raiſe Pimples; and therefore ſo ſoon as the colours be vaniſhed, immediately remove the ſalve.

25. *How to keep the teeth clean.*

CAlcine the tops and Branches of Roſemary into Aſhes, then to one part thereof put one part of burnt Allome : mix them well together, and with thy finger, firſt moiſtened a little with thy Spittle, rub all thy teeth over a pretty while every Morning till they bee clean, but not to galling of thy Gumms ; then ſup up ſome fair water or white Wine, gargling the ſame up and down thy mouth a

while, and then dry thy mouth with a towell. This of an honest Gentleman, and a paintull gatherer of physicall receits.

26. *Sweet and delicate dentifrices, or rubbers for the teeth.*

DIssolve in four ounces of warm water three or four Dramms of gumm Dragagant, and in one night this will become a thick substance like gelly; mingle the same with the powder of Alablaster finely ground and searced, then make up this substance into little round rouls, of the bigneſſe of a Childs arrow, and four or five inches in length. also if you temper Roses, or some other colour (that is not hurtfull) with them, they will shew full of pleasing veins. These you may sweeten either with Rose water, Civet, or Muske. But if your teeth be

be very ſcaly, let ſome expert Barber firſt take off the ſcales with his inſtruments, and then you may keep them clean by rubbing them with the aforeſaid touls.

And here, by thoſe miſerable experiences that I have ſeen in ſome of my neereſt friends, I am inforced to admoniſh all Gentle-women to be careſull how they ſuffer their teeth to be cleanſed and made white with any *Aqua fortis* which is the Barbers uſuall water: for unleſſe the ſame be both well allayed, and carefully applyed, ſhee may happen within a few dreſſings to be foreed to borrow a rank of teeth to eat her dinner, unleſſe her gums doe help her the better.

27. *A delicate ſove to ſweat in.*

I Know that many Gentle-women, as well for the cleering of their

skins as cleansing of their bodies, doe now and then delight to swear. For the which purpose, I have set down this manner following, as the best that ever I observed. Put into a Brasse pot of some good content, such proportion of sweet herbs, and of such kinde as shall bee most appropriate for your infirmitie, with some reasonable quantity of water, close the same with an apt cover, and well luted with some paste made of Flower and whites of Eggs : at some part of the cover you must let in a leaden Pipe (the entrance whereof must also be well luted :) this Pipe must be conveyed thorow the side of the Chimney, where the pot standeth in a thick hollow stake of a bathing tub crossed with hoops in the top, according to the usuall manner, which you may cover with a sheet at your pleasure. Now, the steam of the pot passing thorow the Pipe under the half bottome of the bathing tub, which must be bored full

full of bigg holes, will breath ſo ſweet and warm a vapour upon your body, as that (receiving aire, by holding your head without the tub as you ſit ther in) you ſhall ſweat moſt temperately, and continue the ſame a long time without fainting. And this is performed with a ſmall Charcoal fire maintained under the pot for this purpoſe. Note, that the room would be cloſe wherein you place your bathing tub, leſt any ſudden cold ſhould happen to offend you whileſt your body is made open and porous to the ayre.

28. *Divers ſorts of ſweet hand-waters, made ſuddenly, or* ex tempore, *with extracted oyles of ſpices.*

FIrſt, you ſhall underſtand, that whereſoever you ſhall draw any of

of the aforesaid oyls of Cinamon, Cloves, Mace, Nutmegs, or such like, har you shall have also a pottle or gallon, more or lesse, according to the quantity which you draw at once, of excellent sweet washing water for your table, yea, some doe keep the same for their broths, wherein otherwise they should use some of the same kinde of Spice.

But if you take three or four drops only of the oyle of Cloves, Mace, or Nutmegs, (for Cinamon oyl is too costly to spend this way and mingle the same with a pint of fair water, making agitation of them a pretty while together in a glasse having a narrow mouth, till they have in some measure incorporated themselves together, you shall finde a very pleasing and delightfull water to wash with, and so you may alwayes furnish your self of sweet water of severall kindes, before such time as your guests shall be ready to sit down. I speak not here of the

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oyl of Spike, (which will extend very fart this way) both becauſe every Gentle-woman doth not like ſo ſtrong a ſent, and for that the ſame is elſewhere already commended by another Authour. Yet I muſt needs acknowledge it to be the Cheaper way, for that I aſſure my ſelf, there may be five or ſix gallons of ſweet water made with one ounce of the oyl which you may buy ordinarily for a groat at the moſt.

29. *An excellent ſweet water for a caſting bottle.*

TAke three drams of the oyle of Spike, one dram of oyl of Thyme, one dram of oyl of Lemmons, one dram of oyl of Cloves, then take one grain of Civet and three grains of the aforeſaid compoſition well wrought together: temper them well in a ſilver ſpoon with your finger; then put the ſame into a ſilver

Silver bowl, washing it out by little and little into the Boul with a little Rose water at once, till all the oyl be washed out of the spoon into the Boul: and then doe the like by washing the same out of the Boul with a little Rose water at once, till all the sent be gotten out, puting the Rose water still in a glasse, when you have tempered the same in a Boul sufficiently. A pint of Rose water will be sufficient to mingle with the said proportion: and if you find the same not strong enough of the Civet, then you may to every pint put one grain and a half, or two grains of Civet, to the weight of three grains of the aforesaid composition of oyles.

39. *To colour a black hair presently in to a Chesnut colour.*

THis is done with oyl of Vitriol; but you must doe it very carefully, not touching the skin.

31. *A present and delicate perfume.*

LAy two or three drops of liquid Amber upon a glowing coal, or a piece of Lignum Aloes, Lignum Rhodium or Storax.

32. *To renew the sent of a Pomander.*

TAke one grain of Civet, and two of Musk, or if you double the proportion, it will be so much the sweeter: grind them upon a stone with a little Rose water; and after, wetting your hand with Rose water, you may work the same in your Pomander. This is a sleight to passe away an old Pomander: but my intention is honest.

33. *How*

33. *How to gather and clariſie May dew.*

WHen there hath fallen no rain the night before, then with a clean and large ſponge, the next morning you may gather the ſame from ſweet herbs, graſſe or Corn: ſtrain your dew, and expoſe it to the Sun in glaſſes covered with papers or parchment pricked full of holes; ſtrain it often, continuing it in the Sun and in an hot place till the ſame grow white and cleer, which will require the beſt part of the Summer.

Some commend May dew gathered from Fennell and Celandine, to be moſt excellent for ſore eyes: and ſome commend the ſame (prepared as before) above Roſe water, for preſerving of Fruits, Flowers, &c.

34 *Divers excellent ſents for Gloves, with their proportions, and other circumſtances: with the manner of perfuming.*

THe Violet, the Orenge, the Lemmon, duely proportioned with other ſents, perform this well; ſo likewiſe of Labdanum, Storax, Benjamin.

The manner is this; Firſt, lay your Amber upon a few coals till it begin to crack like lime; then let it cool of it ſelf, taking away the coals; then grinde the ſame with ſome yellow Oere, till you perceive a right colour for a Glove; with this mixture waſh over your Glove with a little hair bruſh upon a ſmooth ſtone in every ſeam, and all over, then hang your Gloves to dry upon a line, then with gum Dragagant diſſolved in ſome Roſe water, and ground with a little oyl *de Ben*, or of ſweet

ſweet Almonds upon a ſtone: ſtrike over your Gloves in every place with the gum and oyl ſo ground together: doe this with a little ſponge, but be ſure the Gloves be firſt thorowly dry, and the colour well rubbed and beaten out of the Glove: then let them hang again till they be dry, which will bee in ſhort time. Then if you will have your Glove to lie ſmooth and fair in ſhew, goe over it again with your ſponge, and the mixture of gumm and oyl, and dry the Glove yet once again. Then grind upon your Stone two or three grains of good Muſk, with half a ſpoonfull of Roſe water, and with a very little piece of a ſponge take up the compoſition by a little and a little; and ſo lay it upon your Glove lying upon the ſtone. Pick and ſtrain your gum Dragagant before you uſe it. Perfume but the one ſide of your Glove at once, and then hang it up to dry, and then finiſh the other ſide. Ten grains of Muſk will

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give a sufficient perfume to eight pair of Gloves. Note also, that this perfume is done upon a thin Lambs leather Glove, and if you work upon a Kids skin, or Goats skin, which is usuall leather for rich perfumes, then you must add more quantity of the oyl of Ben to your gum, and go over the Glove twice therewith.

35. *Sweet bags to lie among Linnen.*

FIll your bags only with Lignum Rhodium finely beaten and it will give an excellent sent to your linnen.

36. *To make hair of a fair yellow or golden colour.*

THe last water that is drawn from Honey, being of a deep red colour, performeth the same excel-

excellently but the ſame hath a ſtrong ſmell, and therefore muſt bee ſweetned with ſome aromaticall body.

Or elſe the hair being firſt clean waſhed, and then moiſtened a pretty while by a good fire in warme Allome water with a ſponge, you may moiſten the ſame in a decoction of Turmerick, Rubarb, or the bark of the Barberry tree; and ſo it will receive a moſt fair and beautifull colour.

The Dog-berry is alſo an excellent berry to make a golden liquor withall for this purpoſe, beat your Allome to powder, and when the water is ready to ſeeth, diſſolve it therein, four ounces to a pottle of water will be ſufficient, let it boyle a while, ſtrain it, and this is your Allome liquor wherewith you muſt firſt prepare the hair.

37. *How to colour the head or beard into a Chesnut colour in half an hour.*

TAke one part of Lead calcined with Sulphur, and one part of quick lime; temper them somewhat thin with water: lay it upon the hair, chafing it well in, and let it dry one quarter of an hour, or there about; then wash the same off with fair water divers times; and lastly with sope and water, and it will be a very naturall hair colour: The longer it lieth upon the hair, the browner it groweth. This coloureth not the flesh at all, and yet it lasteth very long in the hair.

Sæpius experitum.

FINIS.